



**Ironwood Cancer  
& Research Centers**

*Outsmarting Cancer One Patient at a Time®*

Ironwood Cancer & Research Centers offers complimentary Supportive Care Services classes and support groups, available to everyone in the community.

## Podcast

**Ironwood Cancer Insights**

**National Cancer Survivor  
Month**



Be sure to subscribe to be notified when new episodes drop!

## Wellness Classes

**Time to Thrive Sound Healing**  
Sponsored by Chemo Companions at Scottsdale  
Wednesdays, 3:30-4:45pm  
June 5 & 12

**Breathing Class with Kreston Woods at Chandler**  
2nd Tuesday, 10-11am  
June 11

**Sound Bath Therapy at Chandler**  
2nd Thursday, 4-5:30pm  
June 13

**Reiki Healing Session Online**  
with Usui Reiki Master Teacher Kerri Wade  
3rd Friday, 1-1:30pm  
June 21

**Breast Cancer Survivorship Series**  
Wednesdays, 12-1pm  
June 19 & 26

## Support Groups

**East Valley Breast Cancer  
Support Group at Chandler**  
1st Wednesday, 6-8pm, June 5

**Online Breast Cancer Support Group**  
2nd Saturday, 10am-12pm, June 8

**Prostate Support Group**  
Online & at Chandler  
2nd Monday, 7-9pm, June 10

**Head & Neck Support Group Online**  
3rd Thursday, 1-2:30pm, June 20

## Fitness Classes

**Tai Chi Online**  
Thursdays, 10-10:45am  
June 6, 13, 20 & 27

**Chair Yoga Online**  
2nd & 4th Wednesday, 10-11am  
June 12 & 26

**Yoga Nidra with Jodi at Glendale**  
2nd Wednesday, 3-4pm  
June 12

**Yoga with Ann at Chandler**  
4th Friday, 2-3pm  
June 28

Hybrid or office events provided at these locations:

685 S. Dobson Rd, Chandler, AZ 85224

5810 W Beverly Ln, Glendale, AZ 85306

8880 E Desert Cove Ave, Scottsdale, AZ 85260

To reserve your spot or for questions call 480-314-6660

or e-mail [wellness@ironwoodcrc.com](mailto:wellness@ironwoodcrc.com) for online class access information.

Be sure to follow Ironwood Cancer & Research Centers on social media and sign up for our newsletter for updates on our wellness classes and support groups.

Events are subject to cancellation or change.

Participation is at your own risk. ICRC assumes no liability for services provided.



To view our current events online, scan the code with your phone's camera or visit [ironwoodcrc.com](http://ironwoodcrc.com).

