



**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.**

### **Fitness Classes**

**Tai Chi (Online)**

1st, 2nd, & 3rd Thursday, 10-10:45am  
April 3, 10, & 17

**Chair Yoga (Online)**

2nd & 4th Wednesday, 10-11am, April 2 & 23

**Tai Chi (At Chandler)**

4th Thursday, 10-10:45am, April 24

**Yoga with Christy Shaft, PT (At Scottsdale)**

2nd & 4th Tuesday, 10. - 10:45 a.m. April 8 & 22

### **Wellness Classes**

**Breath Work with Kreston Woods (At Chandler)**

2nd Tuesday, 10-11am, April 8

**Sound Bath (At Chandler)**

2nd Thursday, 4- 5:30pm, April 10

**Reiki Healing Session (Online)**

3rd Friday, 10-10:30am, April 18

**Healing Art of Painting with Artist Dave Wilhelmsen (At Chandler)**

3rd Tuesday, 10:30 a.m- 12 p.m., April 15

**Time to Thrive Sound Healing with Sarah Spearin (At Scottsdale)**

1st Wednesday, 2-3:30 p.m., April 2nd

### **Support Groups**

**East Valley Breast Cancer Support Group (At Chandler)**

1st Wednesday, 6-8pm, April 2

**Breast Cancer Support Group (Online)**

2nd Saturday, 10am-12pm, April 12

**Prostate Support Group (Online)**

2nd Monday, 6-8pm, April 14

**Young Adult Cancer Support Group (Online)**

3rd Monday from 5:30-7 PM, April 21

### **Breast Cancer Survivorship Series**

**Fad Diets & Weight loss with**

**Lauren Duda, RDN (Online)**

1st Wednesday, 12-1pm, April 2

**Nutrition for the Breast Cancer Survivor with**

**Brenda Gridley, RDN (Online)**

2nd Wednesday, 12-1pm, April 9

**Stress management Techniques with**

**Dr. Onyemaechi Okolo- Taku, MD (Online)**

3rd Wednesday, 12-1pm, April 16

### **Stay Informed Stay Supported**

**You can now sign up to receive SMS alerts from our Supportive Care Services Department.**

Learn about classes, support groups and events!

**Scan the QR code to receive our monthly calendar and updates via text or email about upcoming support groups, wellness classes, and special events**



**To reserve your spot or for questions call 480-314-6660 or e-mail [wellness@ironwoodcrc.com](mailto:wellness@ironwoodcrc.com) for class access information.**

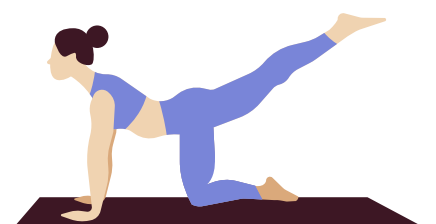


**Hybrid or office events provided at these locations:**

685 S. Dobson Rd, Chandler, AZ 85224

5810 W Beverly Ln, Glendale, AZ 85306

8880 E Desert Cove Ave, Scottsdale, AZ 85260



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 cancelation 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).**

