



**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
June 5, 12, 19

Chair Yoga (Online)

2nd & 4th Wednesday, 10-11am, June 11 & 25

Tai Chi (At Chandler)

4th Thursday, 10-10:45am, June 26

Therapeutic Movement for Cancer Recovery with Christy Shaft, PT (At Scottsdale)

2nd & 3rd Tuesday, 10. - 10:45 a.m. June 10 & 24

Wellness Classes

Breath Work with Kreston Woods (At Chandler)

2nd Tuesday, 10-11am, June 10

Sound Bath (At Chandler)

2nd Thursday, 4- 5:30pm, June 12

Reiki Healing Session (Online)

3rd Friday, 10-10:30am, June 20

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

3rd Tuesday, 10:30 a.m- 12 p.m., June 17

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

1st Wednesday, 2-3:30 p.m., June 4

Support Groups

East Valley Breast Cancer Support Group (At Chandler)

1st Wednesday, 6-8pm, June 4

Breast Cancer Support Group (Online)

2nd Saturday, 10am-12pm, June 14

Prostate Support Group (Online)

2nd Monday, 6-8pm, June 9

Young Adult Cancer Support Group (Online)

3rd Monday from 5:30-7 PM, June 16

Podcast

Ironwood Cancer Insights

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



Breast Cancer Survivorship Series with Dr. Rula

Session 1: Introduction with Dr. Rula

6-7pm, June 4

Session 2: Coping with Fear of Recurrence with Jodi Puhalla

6-7pm, June 11

Session 3: Natural Approaches with Dr. Rula

6-7pm, June 18

Session 4: Breast Imaging Surveillance with Dr. Anderson

6-7pm, June 25

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 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.