



**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, & 5th Thursday, 10-10:45am
May 1, 8, 15, 29

Chair Yoga (Online)

2nd & 4th Wednesday, 10-11am, May 14 & 28

Tai Chi (At Chandler)

4th Thursday, 10-10:45am, May 22

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

2nd & 3rd Tuesday, 10. - 10:45 a.m. May 13 & 20

Wellness Classes

Breath Work with Kreston Woods (At Chandler)

2nd Tuesday, 10-11am, May 13

Sound Bath (At Chandler)

2nd Thursday, 4- 5:30pm, May 8

Reiki Healing Session (Online)

3rd Friday, 10-10:30am, May 16

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

3rd Tuesday, 10:30 a.m- 12 p.m., May 20

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

1st Wednesday, 2-3:30 p.m., May 7

Support Groups

East Valley Breast Cancer Support Group (At Chandler)

1st Wednesday, 6-8pm, May 7

Breast Cancer Support Group (Online)

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

Prostate Support Group (Online)

2nd Monday, 6-8pm, May 12

Young Adult Cancer Support Group (Online)

3rd Monday from 5:30-7 PM, May 19

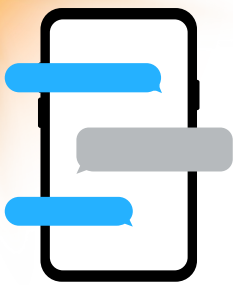
Podcast

Ironwood Cancer Insights

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



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.