

**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, 3<sup>rd</sup> & 5th Thursday, 10-10:45am  
July 3, 10, 17, 31

#### **Chair Yoga (Online)**

2nd & 4th Wednesday, 10-11am, July 9 & 23

#### **Tai Chi (At Chandler)**

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

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

2nd & 3rd Tuesday, 10. - 10:45 a.m. July 8 & 22

### **Wellness Classes**

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

2nd Tuesday, 10-11am, July 8

#### **Sound Bath (At Chandler)**

3rd Thursday, 4- 5:30pm, July 17  
(Note: This date is only for July; normally held the 2nd Thursday each month.)

#### **Reiki Healing Session (Online)**

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

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

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

### **Support Groups**

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

1st Wednesday, 6-8pm, July 2

#### **Breast Cancer Support Group (Online)**

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

#### **Prostate Support Group (Online)**

2nd Monday, 6-8pm, July 14

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

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

### **Breast Cancer Survivorship Series with Dr. Heidi Rula**

**Session 5/6: Physical Therapy Approaches with Jackie Eadi**  
6-7pm, July 2

**Session 7: Environmental Toxins with Dr. Rula**  
6-7pm, July 9

**Session 8: Movement is Medicine with Christy Shaft**  
6-7pm, July 16

**Session 9: Restoring Sexual Health with Dr. Rula**  
6-7pm, July 23

**Session 10: Nutrition with Brenda Gridley**  
6-7pm, July 30

### **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**



### **New Workshop Alert!**

#### **Mindful Eating for Mindful Living**

#### **8-session workshop series**

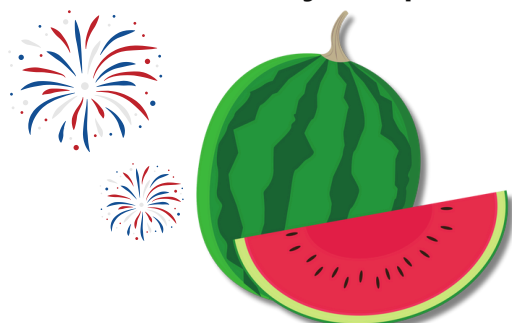
Starting August 12 - September 30

Online every Tuesday from 3-4pm

**DEADLINE TO SIGN UP IS JULY 22**

**YOU WILL BE REQUIRED TO PURCHASE THE WORKBOOK THAT ACCOMPANIES THIS SERIES (\$47.50 +TAX) TO RSVP OR IF YOU HAVE QUESTIONS PLEASE EMAIL [WELLNESS@IRONWOODCRC.COM](mailto:WELLNESS@IRONWOODCRC.COM)**

**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).**