

# September



**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)**

1<sup>st</sup>, 2nd, & 3rd Thursday, 10-10:45am  
September 4, 11, 18

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

2nd & 4th Wednesday, 10-11am, September 10 & 24

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

4th Thursday, 10-10:45am, September 25

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

3rd & 4th Tuesday, 10. - 10:45 a.m. September 16 & 23

## **Wellness Classes**

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

2nd Tuesday, 10-11am, September 9

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

2nd Thursday, 4- 5:30pm, September 11

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

3rd Friday, 10-10:30am, September 19

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

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

## **Support Groups**

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

1st Wednesday, 6-8pm, September 3

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

2nd Saturday, 10am-12pm, September 13

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

2nd Monday, 6-8pm, September 8

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

3rd Monday from 5:30-7 PM, September 15

## **Mindful Eating for Mindful Living 8-session workshop series**

**September 2, 3-4pm**

**September 9, 3-4pm**

**September 16, 3-4pm**

**September 23, 3-4pm**

**September 30, 3-4pm**

## **Managing Fear: Mindfulness After a Cancer Diagnosis**

**6 part class starting Sept 9<sup>th</sup>-October 14<sup>th</sup>**

online every Tuesday from 4:30-5:30 pm

For patients and caregivers

**September 9<sup>th</sup>, 4:30-5:30 pm**

**September 16<sup>th</sup>, 4:30-5:30 pm**

**September 23<sup>rd</sup>, 4:30-5:30pm**

**September 30<sup>th</sup>, 4:30-5:30pm**

## **Upcoming Classes**

### **6-week Stress and Somatic Release Workshop**

Dates/times are currently TBD

Contact 480-314-6660 or e-mail

[wellness@ironwoodcrc.com](mailto:wellness@ironwoodcrc.com) if interested!

## **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**

## **Podcast**

### **Ironwood Cancer Insights**



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

## **Breast Cancer Survivorship Series**

Online Every Wednesday, Starting 9/17/2025 to 12/10/2025 from 12-1pm



**09/17 Session 1: Introduction with Dr. Heidi Rula**

**09/24 Session 2: Coping with the Fear of Recurrence with Jodi Puhalla, BSW**

## **Painting with Dave Wilhelmsen**

At Chandler, every third Tuesday of the month, from 10:30-12pm, starting September 16th

**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).**