



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
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

Upcoming Classes

4-week Stress and Somatic Release Workshop
Every Thursday
Starting October 16th - November 6th
3pm-4pm at Scottsdale
contact wellness@ironwoodcrc.com if interested!

Managing Fear: Mindfulness After a Cancer Diagnosis
6 part class starting Sept 9th-October 14th

online every Tuesday from 4:30-5:30 pm
For patients and caregivers
September 9th, 4:30-5:30 pm
September 16th, 4:30-5:30 pm
September 23rd, 4:30-5:30pm
September 30th, 4:30-5:30pm

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

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

Podcast

Ironwood Cancer Insights



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

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.