



ONLINE CLASSES

Experience the benefits of our supportive care classes from the comfort of your own home.

Fitness Classes

Tai Chi (Online)
1st, 2nd, & 3rd Thursday, 10-10:45am
October 2, 9, 16

Chair Yoga (Online)
2nd & 4th Wednesday, 10-11am, October 8,22

Support Groups

Breast Cancer Support Group (Online)
2nd Saturday, 10am-12pm, October 11

Young Adult Cancer Support Group (Online)
3rd Monday from 5:30-7 PM, October 20

Wellness Classes

Reiki Healing Session (Online)
3rd Friday, 10-10:30am, October 17

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
October 7th, 4:30-5:30 pm
October 14th, 4:30-5:30 pm

Breast Cancer Survivorship Series

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

- 10/01: Natural Approaches with Dr. Heidi Rula**
- 10/08: Breast Imaging Surveillance with Dr. Brandon Anderson**
- 10/15: Coping with Fear of Recurrence with Jodi Puhalla, BSW**
- 10/22: Movement is Medicine with Christy Shaft, PT**
- 10/29: Environmental Toxins with Dr. Heidi Rula**



IN PERSON / HYBRID CLASSES

Connect face-to-face in our supportive care classes—offering in-person guidance, community, and care, with a hybrid option if needed.

Fitness Classes

Tai Chi (At Chandler)
4th Thursday, 10-10:45am, October 23

Therapeutic Movement for Cancer Recovery with Christy Shaft, PT (At Scottsdale)
2nd & 4th Tuesday, 10. - 10:45 a.m. October 14, 28

Support Groups

Prostate Support Group (Hybrid)
1st Monday, 6-7pm, October 6

East Valley Breast Cancer Support Group (At Chandler)
1st Wednesday, 6-8pm, October 8

Wellness Classes

Breath Work with Kreston Woods (At Chandler)
2nd Tuesday, 10-11am, October 14

Sound Bath (At Chandler)
2nd Thursday, 4- 5:30pm, October 9

Time to Thrive Sound Healing with Sarah Spearin (At Scottsdale)
1st Wednesday, 2-3:30 p.m., October 1

6-week Stress and Somatic Release Workshop

Every Thursday
Starting October 16th - November 6th
3pm-4pm at Scottsdale

Painting with Dave Wilhelmsen

At Chandler, every third Tuesday of the month, from **10:30-12pm, October 21st**



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



Ironwood Cancer Insights Podcast

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.