

DECEMBER



**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.

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
December 4, 11, 18

Chair Yoga (Online)
2nd & 4th Wednesday, 10-11am,
December 10, 24

Support Groups

Young Adult Cancer Support Group (Online)
3rd Monday from 5:30-7 PM, December 15

Breast Cancer Survivorship Series

Online Every Wednesday
from 12-1pm



**12/03: Stress Management Techniques with Dr.
Okolo-Taku**

**12/10: Coping During the Holiday Season with Taylor
Reed, LMSW and Patricia Bolivar, LMSW**

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

**Therapeutic Movement for Cancer Recovery with Christy
Shaft, PT (At Scottsdale)**
2nd & 4th Tuesday, 10. - 10:45 a.m.
December 9, 23

Support Groups

East Valley Breast Cancer Support Group (At Chandler)
1st Wednesday, 6-8pm, December 3

Prostate Support Group (Hybrid - online & at Chandler)
2nd Monday, 6-7pm, December 8

Breast Cancer Support Group (At Scottsdale)
2nd Saturday, 10am-12pm, December 13
Only for the month of December

Wellness Classes

Breath Work with Kreston Woods (At Chandler)
2nd Tuesday, 10-11am, December 9

Sound Bath (At Chandler)
2nd Thursday, 4- 5:30pm, December 11

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



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.