

# January



**Ironwood Cancer  
& Research Centers**

*Outsmarting Cancer One Patient at a Time®*

# 2026

**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)**

1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Thursday, 10-10:45am  
January 1, 8, 15

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

2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 10-11am,  
January 14, 28

### Support Groups

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

3<sup>rd</sup> Monday from 5:30-7 PM, January 19

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

2<sup>nd</sup> Saturday, 10am-12pm, January 10

## 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)**

2<sup>nd</sup> & 3<sup>rd</sup> Tuesday, 10. - 10:45 a.m.  
January 13, 20

#### **Tai Chi with Frank Sasso ( At Glendale )**

Every Thursday, Startin January 8  
11am-12pm,

### Support Groups

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

1<sup>st</sup> Wednesday, 6-8pm, January 3

#### **Prostate Support Group (Hybrid - online & at Chandler)**

2<sup>nd</sup> Monday, 6-7pm, January 12

### Wellness Classes

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

2<sup>nd</sup> Thursday, 4- 5:30pm, January 8

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

1<sup>st</sup> Wednesday, 2-3:30 p.m., January 7

#### **Sound Healing with Kevin Squires (At Goodyear)**

5-Class Series  
every 2<sup>nd</sup> Tuesday of the month  
3:30pm-4:30pm , January 13<sup>th</sup>

#### **Sound Bath with Katie McMenemy (At Glendale)**

5-Class Series  
every 3<sup>rd</sup> Wednesday of the month  
10am-11am, January 21<sup>st</sup>

## 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!

# HAPPY NEW YEAR

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).