

February



**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
February 5, 12, 19

Chair Yoga (Online)
2nd & 4th Wednesday, 10-11am,
February 11, 25

Support Groups

Young Adult Cancer Support Group (Online)
3rd Monday from 5:30-7 PM, February 16

Breast Cancer Support Group (Online)
2nd Saturday, 10am-12pm, February 14

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!

Breast Cancer Survivorship Series with Dr. Heidi Rula

6-7pm

- 2/4: Movement is Medicine with Christy Shaft, PT
- 2/11: Natural Approaches with Dr. Heidi Rula
- 2/18: Nutrition for Survivors with Brenda Gridley, RDN
- 2/25: Environmental Toxins with Dr. Heidi Rula

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 cancellation 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.