



**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

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)
Every Tuesday, 10. - 10:45 a.m.
February 3, 10, 17, 24

Tai Chi with Frank Sasso (At Glendale)
Every Thursday, 11am-12pm
February 5, 12, 19, 26

Support Groups

East Valley Breast Cancer Support Group (At Chandler)
1st Wednesday, 6-8pm, February 4

Prostate Support Group (Hybrid - online & at Chandler)
2nd Monday, 6-7pm, February 9

General Cancer Support Group (At Glendale)
2nd Tuesday, 5-6pm, February 24

Wellness Classes

Sound Bath (At Chandler)
2nd Thursday, 4- 5:30pm, February 12

Time to Thrive Sound Healing with Sarah Spearin (At Scottsdale)
1st Wednesday, 2-3:30 p.m., February 4

Sound Healing with Kevin Squires (At Goodyear)
5-Class Series
every 2nd Tuesday of the month
3:30pm-4:30pm, February 10

Sound Bath with Katie McMenemy (At Glendale)
5-Class Series
every 3rd Wednesday of the month
10am-11am, February 18



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 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.