



# March



**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)**  
1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Thursday, 10-10:45am  
March 5, 12, 19

**Chair Yoga (Online)**  
2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 10-11am,  
March 11, 25

### Support Groups

**Young Adult Cancer Support Group (Online)**  
3<sup>rd</sup> Monday from 5:30-7 PM, March 16

**Breast Cancer Support Group (Online)**  
2<sup>nd</sup> Saturday, 10am-12pm, March 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.  
March 3, 10, 17, 24, 31

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

**Tai Chi (at Chandler)**  
4<sup>th</sup> Thursday, 10-11am  
March 26<sup>th</sup>

### Support Groups

**East Valley Breast Cancer Support Group (At Chandler)**  
1<sup>st</sup> Wednesday, 6-8pm, March 4

**Prostate Support Group (Hybrid - online & at Chandler)**  
2<sup>nd</sup> Monday, 6-7pm, March 9

**General Cancer Support Group (At Glendale)**  
4<sup>th</sup> Tuesday, 5-6pm, March 24

### Wellness Classes

**Sound Bath (At Chandler)**  
2<sup>nd</sup> Thursday, 4- 5:30pm, March 12

**Time to Thrive Sound Healing with Sarah Spearin (At Scottsdale)**  
1<sup>st</sup> Wednesday, 2-3:30 p.m., March 4

**Sound Healing with Kevin Squires (At Goodyear)**  
5-Class Series  
every 2<sup>nd</sup> Tuesday of the month  
3:30pm-4:30pm, March 10

**Sound Bath with Katie McMenemy (At Glendale)**  
5-Class Series  
every 3<sup>rd</sup> Wednesday of the month  
10am-11am, March 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

## NEW CLASSES THIS MONTH

**Junk Journaling ( at Chandler)**  
Every 2<sup>nd</sup> Wednesday from 1pm-2pm  
starting March 11

**Yoga (at Glendale)**  
Every 3<sup>rd</sup> Tuesday of each month from 1:00-2:00 PM at  
starting March 17th

## Gather & Grow

A day of wellness for cancer patients and caregivers

April 11, 2026 | 9:00am - 3:00 pm | Hotel Valley Ho

Learn more at

[chemocompanions.org/events/gather-and-grow](https://chemocompanions.org/events/gather-and-grow)  
or scan the qr code



## Breast Cancer Survivorship Series with Dr. Heidi Rula

6-7pm

3/4: Stress Management Techniques with Dr. Okolo-Taku

3/11: Reclaiming the Plate: Mindful Eating with Lauren Duda, RDN

3/18: Restoring Sexual Health with Dr. Heidi Rula

3/25: Self-Care, Identity, and Life After Cancer with Taylor Reed,  
LMSW and Patricia Bolivar, LMSW



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](https://ironwoodcrc.com).