



**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  
April 2, 9, 16

**Chair Yoga (Online)**  
2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 10-11am,  
April 8, 22

**Support Groups**

**Young Adult Cancer Support Group (Online)**  
3<sup>rd</sup> Monday from 5:30-7 PM, April 20

**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.  
April 7, 14, 28

**Tai Chi with Frank Sasso (At Glendale)**  
Every Thursday, 11am-12pm  
April 2, 9, 16, 23

**Tai Chi (at Chandler)**  
4<sup>th</sup> Thursday, 10-11am  
April 23

**Yoga (at Glendale)**  
Every 3<sup>rd</sup> Tuesday, 1-2pm  
April 21

**Support Groups**

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

**Prostate Support Group (Hybrid - online & at Chandler)**  
2<sup>nd</sup> Monday, 6-7pm, April 13

**General Cancer Support Group (At Glendale)**  
4<sup>th</sup> Tuesday, 5-6pm, April 28

**Wellness Classes**

**Sound Bath (At Chandler)**  
2<sup>nd</sup> Thursday, 4- 5:30pm, April 9

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

**Sound Healing with Kevin Squires (At Goodyear)**  
5-Class Series  
every 2<sup>nd</sup> Tuesday of the month  
3:30pm-4:30pm, April 14

**Sound Bath with Katie McMenemy (At Glendale)**  
5-Class Series  
every 3<sup>rd</sup> Wednesday of the month  
10am-11am, April 15

**Junk Journaling ( at Chandler)**  
Every 2<sup>nd</sup> Wednesday 1pm-2pm  
April 8



**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 Next Month**

**Essential Oils**  
First Friday of each month at Scottsdale starting May 1st, 2026, from 10:00-11:00 AM.

**Essential Oils**  
First Tuesday of each month, at Glendale, starting May 5th, 2026, from 10:00-11:00 AM

**Breast Cancer Survivorship Series with Dr. Heidi Rula**

**6-7pm**  
**4/1: Physical Therapy Approaches for Lymphedema**

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



**6-week All Cancer Survivorship Series starting on April 29<sup>th</sup> from 12:00 pm to 1:00 pm**

This 7-week program offers group-based wellness education on nutrition, self-care, cancer risk, and stress management, while providing a supportive space for participants to connect and share experiences.

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).**