

May

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

May 7, 14, 21

Chair Yoga (Online)

2nd & 4th Wednesday, 10-11am

May 13, 27

Support Groups

Breast Cancer Support Group (Online)

2nd Saturday from 10am-12pm, May 9

Young Adult Cancer Support Group (Online)

3rd Monday from 5:30-7pm, May 18

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 w/ Christy Shaft, PT (At Scottsdale)

Every Tuesday, 10-10:45am

May 5, 12, 19, 26

Tai Chi w/ Frank Sasso (At Glendale)

Every Thursday, 11am-12pm

May 7, 14, 21, 28

Tai Chi w/ Roxanne (At Chandler)

4th Thursday, 10-11am May 28

Therapeutic Movement w/ Emily (At Glendale)

Tuesday, 1-2pm May 12

Support Groups

East Valley Breast Cancer Support Group (At Chandler)

1st Wednesday, 6-8pm, May 6

Prostate Support Group (Hybrid - online & at Chandler)

2nd Monday, 6-7pm, May 11

General Cancer Support Group (At Glendale)

4th Tuesday, 5-6pm, May 26

Wellness Classes

Painting w/ Dave (At Chandler) (RSVP Req.)

10am-12pm, May 19

Sound Bath (At Chandler) (RSVP Req.)

2nd Thursday, 4- 5:30pm, May 14

Time to Thrive Sound Healing w/ Sarah Spearin (At Scottsdale) (RSVP Req.)

1st Wednesday, 2-3:30pm, May 6

Sound Healing w/ Kevin Squires (At Goodyear) (RSVP Req.)

2nd Tuesday of the month

3:30pm-4:30pm, May 12

Sound Bath w/ Katie McMenemy (At Glendale) (RSVP Req.)

3rd Wednesday of the month

10am-11am, May 20

Junk Journaling (At Chandler) (RSVP Req.)

2nd Wednesday 1pm-2pm, May 13

New Classes this Month

Essential Oils (RSVP Req.)

1st Friday of each month at Scottsdale starting May 1st, 10-11am

Essential Oils (RSVP Req.)

1st Tuesday of each month at Glendale starting May 5th, 10-11am

All Cancer Survivorship Series

7-week Series Every Wed. 12-1pm via Zoom

May 6: Stress Management by Dr. Okolo

May 13: Natural Approaches by Dr. Rula

May 20: Nutrition by Lauren Duda, RD & Brenda Gridley, RD

May 27: Self Care & Life After Cancer by Taylor Reed, LMSW

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



To view our current events online, scan the code with your phone's camera or visit ironwoodcrc.com.



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
& Research Centers

Outsmarting Cancer One Patient at a Time