

# June

Ironwood Cancer & Research Centers offers complimentary Supportive Care Services classes and support groups, available to everyone in the community.

## ONLINE CLASSES

### Fitness Classes

#### **Tai Chi (Online)**

1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Thursday, 10-10:45am  
June 4, 11, 18

#### **Chair Yoga (Online)**

2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 10-11am  
June 10, 24

### Support Groups

#### **Breast Cancer Support Group (Online)**

2<sup>nd</sup> Saturday from 10am-12pm, June 13

#### **Young Adult Cancer Support Group (Online)**

3<sup>rd</sup> Monday from 5:30-6:30pm, June 15

## SCOTTSDALE OFFICE

### Fitness Classes

#### **Therapeutic Movement for Cancer Recovery w/ Christy Shaft, PT**

Every Tuesday, 10-10:45am  
June 2, 9, 16, 23, 30

### Wellness Classes

#### **Time to Thrive Sound Healing w/ Sarah Spearin (RSVP Req.)**

1<sup>st</sup> Wednesday, 2-3:30pm, June 3  
**Essential Oils (RSVP Req.)**  
1<sup>st</sup> Friday, 10-11am, June 5

### All Cancer Survivorship Series

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

**June 3:** Hereditary Cancer by Mandy Lightfoot, MS, CGC

**June 10:** Self-Identity, Identity Shifts, & Coping w/ Change  
by Jodi Puhalla, BSW and Taylor Reed, 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  
1710 N. 159<sup>th</sup> Ave. Goodyear, AZ 85359  
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](http://ironwoodcrc.com).

## GLENDALE OFFICE

### Fitness Classes

#### **Tai Chi w/ Frank Sasso**

Every Thursday, 11am-12pm  
June 4, 11, 18, 25

#### **Therapeutic Movement w/ Emily**

3<sup>rd</sup> Tuesday, 2-3pm, June 16

### Support Groups

#### **General Cancer Support Group**

4<sup>th</sup> Tuesday, 5-6pm, June 23

### Wellness Classes

#### **Sound Bath w/ Chris McDaniel (RSVP Req.)**

3<sup>rd</sup> Wednesday 2pm-3pm, June 17

#### **Essential Oils (RSVP Req.)**

1<sup>st</sup> Tuesday, 10-11am, June 2

## GOODYEAR OFFICE

### Wellness Classes

#### **Sound Healing w/ Kevin Squires (RSVP Req.)**

2<sup>nd</sup> Tuesday of the month  
3:30pm-4:30pm, June 9

## CHANDLER OFFICE

### Support Groups

#### **East Valley Breast Cancer Support Group**

1<sup>st</sup> Wednesday, 6-8pm, June 3

#### **Prostate Support Group (Hybrid - online & at Chandler)**

2<sup>nd</sup> Monday, 6-7pm, June 8

### Fitness Classes

#### **Tai Chi w/ Roxanne**

4<sup>th</sup> Thursday, 10-11am June 25

### Wellness Classes

#### **Sound Bath (RSVP Req.)**

2<sup>nd</sup> Thursday, 4- 5:30pm, June 11

#### **Junk Journaling (RSVP Req.)**

2<sup>nd</sup> Wednesday 1pm-2:30pm, June 10



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*