

# FEBRUARY 2019 IRONWOOD SUPPORT SERVICES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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LOCATION COLOR CODES  
SEE BACK FOR ADDRESSES

**Chandler**  
Chandler Business Office  
**Gilbert**  
**Glendale**  
**Scottsdale**  
**Mesa Arbor**

\*\*Asterisk denotes class or service that requires you to RSVP by calling 480-314-6660.  
Not all services are provided by ICRC employees & may be provided by community agencies & professionals.  
Participation is at your own risk.  
ICRC assumes no liability for services provided.

1  
2  
**\*\*Valentine Frame Craft, 10am-12pm**  
**Chair Yoga, 1-2pm**  
**Chair Pilates, 1-2pm**

4	5	6	7	8	9
	<b>Drums Rhythm &amp; Relaxation, Chandler Canceled</b> <b>Colorectal Cancer Group, 6-7:30pm</b> <b>Tai Chi, 4:30-5:15pm</b>	<b>Chair Yoga, 10-11am</b> <b>Tai Chi, 1-2pm</b> <b>Breast Cancer Group, 6-7:30pm</b>	<b>Art for Body, Mind, &amp; Spirit, 10am-12pm</b>  <b>Tai Chi, 3-3:45pm</b>  <b>Heartfulness Meditation, 5:30-6:30pm</b>	<b>Chair Yoga, 1-2pm</b>	<b>Breast Group, 10am-12pm</b>

11	12	13	14	15	16
<b>Prostate Support Group</b> 700 W. Warner Rd., Chandler 7-9pm	<b>Tai Chi, 4:30-5:15pm</b>	<b>Chair Yoga, 10-11am</b> <b>General Cancer Group, 6:30-8:30pm</b>	<b>Tai Chi, 3-3:45pm</b>  <b>Heartfulness Meditation, 5:30-6:30pm</b>	<b>Sun City General Cancer Group, 10am-12pm</b> <b>Chair Yoga, 1-2pm</b> <b>Chair Pilates, 1-2pm</b>	<b>Caregiver Group, 10am-12pm</b>

18	19	20	21	22	23
<b>Head &amp; Neck Support Group, 3 - 4:30pm</b>	<b>Tai Chi, 4:30-5:15pm</b> <b>Drums Rhythm &amp; Relaxation, 6-7pm</b>	<b>Chair Yoga, 10-11am</b> <b>Metastatic Cancer Group, 3-4:30pm</b> <b>Tai Chi, 1-2pm</b> <b>Spirituality Group, 5:30-7pm</b> <b>Essential Oils, 6-7pm</b>	<b>Art for Body, Mind, &amp; Spirit, 10am-12pm</b> <b>Tai Chi, 3-3:45pm</b>  <b>Heartfulness Meditation, 5:30-6:30pm</b>	<b>Chair Yoga, 1-2pm</b>	

25	26	27	28	Scan for Online Calendar!	
<b>General Cancer Group, 1-2:30pm</b> <b>**Beautiful Beginnings, 5-7pm</b> <b>Survivors' Group, 6-7:30pm</b>	<b>Tai Chi, 4:30-5:15pm</b> <b>Sound Bowl Meditation 6-7pm</b>	<b>Chair Yoga, 10-11am</b> <b>Metastatic Cancer Group, 3-4:30pm</b> <b>Cancer &amp; Caregiver Support Group Dinner - 700 W. Warner Rd., Chandler 6-8pm</b>	<b>Tai Chi, 3-3:45pm</b>  <b>Heartfulness Meditation, 5:30-6:30pm</b>  <b>Writing Through Cancer, 6-7:30pm</b>		

# February 2019 Events at Ironwood

## BY APPOINTMENT & FEE-FOR-SERVICE

### Chandler

**Acupuncture:** (\$80 per hour) Contact Dr. Hsu at Meridian Pain Management & Rehabilitation 480-330-6211  
**Facials:** (\$25) Contact Ann Sherman at Mindful Skin Spa 480-390-2264  
**Physical Therapy:** Contact Karen Bustillo at Bustillo Physical Therapy 480-892-0808  
**Massage:** Contact Jennelle Vanderstouw at Sunstone Massage & Body Work 480-283-5243

### Glendale

**Massage:** (30 min-\$40, 45 min- \$50, 60 min-\$65)  
Contact Rocco Petitti at No-Body's Perfect Massage, Inc. 602-740-2409

### Scottsdale

**Acupuncture:** (\$80 per hour) Contact Dr. Hsu at Meridian Pain Management & Rehabilitation 480-330-6211  
**Massage:** (30 min-\$40, 45 min- \$50, 60 min-\$65)  
Contact Rocco Petitti at No-Body's Perfect Massage, Inc. 602-740-2409

### Gilbert

**Physical Therapy:** Contact Karen Bustillo at Bustillo Physical Therapy  
**Facials:** (\$25) Contact Ann Sherman at Mindful Skin Spa 480-390-2264 480-892-0808

## RSVP Required:

**Every Tuesday in February— 'Survivorship: Navigating the New Normal'** - This is a four-week class that will meet every Tuesday in February from 6-7:30pm at our Chandler office and is facilitated by Dr. Rula & our Integrative Services Team. **We kindly request a commitment to attend all four classes and RSVP to Integrative Services at (480)- 314-6660.**

**Bra Fittings:** Available the 2nd Monday of each month in Chandler —  
**To schedule or set-up home visit, contact Barbara with Barbara's Mastectomy at 602-234-9568.**

**Beautiful Beginnings—** Beginning THIS month! Ironwood is happy to share their new make-up, skincare, and beauty class for patients wanting to learn how to keep their skin looking and feeling its best! - The class is held the 4th Monday of the month from 5-7pm. Check our calendar monthly for the location. **Must RSVP to Ann Sherman at 480-390-2264 to attend the class.**

## Boutique Hours:

If additional hours are needed or to make an appointment contact: **Integrative Services at 480-314-6660**

**Chandler:** Mon-Fri 10am-2pm      **Glendale:** Mon, Tue, & Thu 10am-2pm      **Scottsdale:** Mon- Fri 10am-2pm  
**Gilbert:** Mon, Tue 10am-2pm      **Mesa (Arbor):** Mon-Thurs 10am-2pm

## Free Wig Styling:

Please call Niki to schedule an appointment at 516-816-6452.

\*For wig trimming/head shaving Niki with Xtend Yourself, will come to you. Phone: 516-816-6452 Email: Niki@Xtendyourself.com

## SUPPORT GROUPS

### Breast Cancer Groups

**Chandler:** 1<sup>st</sup> Wednesday of the month 6-7:30pm  
**Scottsdale:** 2<sup>nd</sup> Saturday of the month 10-12pm

### Caregiver Group

**Chandler:** 3<sup>rd</sup> Saturday of the month 10-12pm

**Cancer & Caregiver Support Dinner with Cornerstone Church**  
700 W. Warner Rd., Last Wednesday of Month, 6-8pm

### Colorectal Cancer Support Group

**Scottsdale:** 1<sup>st</sup> Tuesday of the month 6-7:30pm

### General Cancer Group

**Scottsdale:** 4<sup>th</sup> Monday of the month 1-2:30pm  
**Glendale:** 2<sup>nd</sup> Wednesday of the month 6:30-8:30pm  
**Sun City:** 3<sup>rd</sup> Friday of the month 10am-12pm

### Head & Neck Cancer Group

**Chandler:** 3<sup>rd</sup> Monday of the month 3-4:30pm

### Metastatic Cancer Group

**Chandler:** 4<sup>th</sup> Wednesday of the month 3-4:30pm

### Prostate Cancer Group

700 W. Warner Rd., 2<sup>nd</sup> Monday of the month 7-9pm

### Spirituality Group

**Chandler:** 3<sup>rd</sup> Wednesday of the month 5:30-7pm

### Survivors Group

**Chandler:** 4<sup>th</sup> Monday of the month 6-7:30pm

## SPECIAL EVENTS - Call 480-314-6660 to RSVP

**Feb 1 -** Valentine Frame Art Class, **Chandler 10am—12 pm**

**Feb 5:** An Integrative Approach to Cancer: Lifestyle Matters! - Presented by Dr. Rula, **Chandler 6-7:30 pm**

**Feb 12:** Exercise Basics for Cancer Survivors- Presented by Catherine Costin, RN **Chandler 6-7:30 pm**

**Feb 19:** Eating Like a Survivor- Presented by Ironwood Dietitians, **Chandler 6-7:30 pm**

**Feb 20:** Essential Oils, **Scottsdale 6-7pm**

**Feb 25:** Beautiful Beginnings, **Chandler 5-7pm**

**Feb 26:** Taking Care of You: Mind, Body & Spirit - Presented by Ironwood Social Workers **Chandler 6-7:30 pm**

**Chandler** 685 S Dobson Rd Chandler, AZ 85224  
**Gilbert** 3686 S Rome St Gilbert, AZ 85297  
**Glendale** 5810 W Beverly Ln Glendale, AZ 85306  
**Mesa (Arbor)** 6111 E Arbor Ave Mesa, AZ 85206  
**Scottsdale** 8880 E Desert Cove Ave Scottsdale, AZ 85260  
**Sun City** 14810 N. Del Webb Blvd. #3 Sun City, AZ 85351