

AUGUST 2019 IRONWOOD SUPPORT SERVICES CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|----------------------------------|
| | | | 1 | 2 Chair Pilates, 1-2pm Chair Yoga, 1-2pm | 3 |
| 5 Prostate Support Group, 700 W. Warner Rd., Chandler, 7-9pm | 6 Tai Chi, 4:30-5:15pm | 7 Chair Yoga, 10-11am **Canvas Painting, 10am-12pm Tai Chi, 1-2pm Breast Cancer Group, 6-7:30pm | 8 Tai Chi, 3-3:45pm Heartfulness Meditation, 5:30-6:30pm **Healthy Living Made Simple with Chrissy, 7-8pm | 9 Chair Yoga, 1-2pm | 10 Breast Group, 10am-12pm |
| 12 Sun City General Cancer Group, 10am-12pm | 13 Tai Chi, 4:30-5:15pm | 14 Chair Yoga, 10-11am General Cancer Group, 4-6pm | 15 Tai Chi, 3-3:45pm Heartfulness Meditation, 5:30-6:30pm | 16 Chair Yoga, 1-2pm Chair Pilates, 1-2 pm | 17 Caregiver Group, 10am-12pm |
| 19 General Cancer Group, 1-2:30 pm Drums, Rhythm & Relaxation, 6-7pm | 20 **Lunchtime Conversations- Mandy Kass, Genetic Counselor, Hereditary Cancer, 12-1 Tai Chi, 4:30-5:15pm | 21 Chair Yoga, 10-11am **Lunchtime Conversations- Dr. Kukunoor Breast Cancer 12-1 Tai Chi, 1-2pm Native American Flute Presentation, Scottsdale, 6-7pm | 22 Tai Chi, 3-3:45pm Heartfulness Meditation, 5:30-6:30pm | 23 Chair Yoga 1-2pm | 24 |
| 26 **Beautiful Beginnings 5-7 pm Survivors Group, 6-7:30 | 27 Tai Chi, 4:30-5:15pm Sound Bowl Meditation, 6-7pm | 28 Chair Yoga, 10-11am Cancer & Caregiver Support Group Dinner 700 W Warner Rd., Chandler, 6-8 pm | 29 Tai Chi, 3-3:45pm Heartfulness Meditation, 5:30-6:30pm | 30 | 31 |

LOCATION COLOR CODES
 Chandler
 Chandler Business Office
 Gilbert
 Glendale
 Scottsdale
 Mesa Arbor
 Sun City

**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.

Scan for Online Calendar!



August 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

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

Massage: Contact Jennelle Vanderstouw at Sunstone Massage & Body Work 480-283-5243

SUPPORT GROUPS

Breast Cancer Groups

Chandler: 1st Wednesday of the month 6-7:30pm

Scottsdale: 2nd Saturday of the month 10-12pm

Caregiver Group

Chandler: 3rd Saturday of the month 10-12pm

Cancer & Caregiver Support Dinner with Cornerstone Church

700 W. Warner Rd., Last Wednesday of Month, 6-8pm

General Cancer Group

Scottsdale: 4th Monday of the month 1-2:30pm

Glendale: 2nd Wednesday of the month 4-6 pm

Sun City: 2nd Monday of the month 10am-12pm

Prostate Cancer Group

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

Survivors Group

Chandler: 4th Monday of the month 6-7:30pm

RSVP Required:

Lunchtime Conversations- Bring your brown bag lunches and meet our Ironwood physicians and professional staff.

RSVP required to Integrative Services at (480) 314-6660. **12-1pm, August 20 Hereditary Cancer with Genetic Counselor Mandy Kass n Chandler. 12-1pm, August 21 Dr. Kukunoor Breast Cancer.**

Painting Canvas Class - This is a new class that will meet the first Wednesday of each month in Chandler from 10am-12 pm and is facilitated by professional live painter Dave Wilhelmsen. **Supplies are provided - Limited spots available so, save your spot now! RSVP required to Integrative Services at 480-314-6660.**

Beautiful Beginnings- 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. **Must RSVP to Integrative Services at 480-314-6660.**

Healthy Living Made Simple with Chrissy Miranda 7-8pm, August 8 in Chandler.— Join Cancer Survivor Chrissy Miranda as she provides education on simple tricks to avoid chemicals harmful to our health and learn recipes for all-natural cleaning supplies! **RSVP required to Integrative Services at 480-314-6660.**

CLIMB® Children's Lives Include Moments of Bravery — 5:30-7pm, Tuesdays, September 10 to October 15, 2019. For children ages 6-12. **Pre-screening and RSVP is required to Integrative Services at 480-314-6660.**

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

Chandler: Monday-Friday 10am-2pm

Scottsdale: Monday & Wednesday 10am-2pm

Mesa (Arbor): Thursday 10am-2pm

Glendale: Monday & Tuesday 10am-2pm

Gilbert: Tuesday 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. 516-816-6452 Email: Niki@Xtendyourself.com

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.

SPECIAL EVENTS - Call 480-314-6660 to RSVP

Aug 8: Healthy Living Made Simple with Chrissy, Chandler, 7-8pm

Aug 8: Canvas Painting Class, Chandler, 10am-12pm

Aug 20: Lunchtime Conversations, Genetic Counselor Mandy Kass, Hereditary Cancer, Chandler, 12-1 pm BYOB

Aug 21: Lunchtime Conversations, Dr. Kukunoor, Breast Cancer, Scottsdale, 12-1pm BYOB

August 21: Native American Flute Presentation, Scottsdale, 6-7pm

Aug 26: Beautiful Beginnings, Chandler, 5-7 pm

Sept 10-Oct 15: CLIMB® Children's Lives Include Moments of Bravery, For children ages 6-12, Chandler, 5:30-7pm

Oct 12: Cancer Survivors Celebration Breakfast, Scottsdale, 8-11am

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