

# DECEMBER 2019 IRONWOOD INTEGRATIVE SERVICES CALENDAR

Classes are open to everyone as a community service by Ironwood Cancer & Research Centers.

Not all services are provided by ICRC employees and may be provided by community agencies and professionals.

Participation is at your own risk. ICRC assumes no liability for services provided.

For more information or to RSVP call Integrative Services at 480-314-6660.

## CHANDLER

### Address

685 S. Dobson Rd, Chandler, AZ 85224

### Boutique Hours

Monday-Friday, 10am-2pm

### Ongoing Classes & Groups

#### Breast Cancer Support Group

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

December 4

#### Caregiver Support Group

No class 12/21. Resumes January 18.

#### Chair Yoga

Wednesdays, 10-11am

December 4, 11, & 18. No class 12/25.

#### Drums, Rhythm, & Relaxation

1<sup>st</sup> Tuesday, 6-7pm

December 3

#### Heartfulness Meditation

Thursdays, 5:30-6:30pm

December 5, 12, & 19. No class 12/26.

#### Tai Chi

Tuesdays, 4:30-5:15pm

December 3, 10, & 17. No classes 12/24 or 12/31.

### Special Classes & Events

#### Canvas Painting

December 4, Wednesday, 10am-12pm

You must call 480-314-6660 to RSVP.

#### Chemo Companions Art Class

December 6, Friday, 10am-12pm

You must call 480-314-6660 to RSVP.

### By Appointment & Fee-For-Service

**Acupuncture** (\$80 per hour) Dr. Hsu at Meridian Pain Management & Rehabilitation 480-330-6211.

**Bra Fittings** Available the 2<sup>nd</sup> Monday at Chandler. To schedule a home visit, contact Barbara's Mastectomy at 602-234-9568.

**Facials** Contact Ann Sherman at Mindful Skin Spa (\$25) 480-390-2264.

**Massage** Jennelle at Sunstone Massage & Body Work 480-283-5243.

**Physical Therapy** Contact Karen at Bustillo Physical Therapy 480-892-0808.

## GILBERT

### Address

3686 S. Rome St, Gilbert, AZ 85297

### Boutique Hours

Tuesday, Thursday, & Friday, 10am-2pm

### By Appointment & Fee-For-Service

**Bra Fittings** To schedule a home visit, contact Barbara's Mastectomy at 602-234-9568.

**Facials** Contact Ann Sherman at Mindful Skin Spa (\$25) 480-390-2264.

**Massage** Contact Jennelle VanderStouw at Sunstone Massage & Body Work 480-283-5243.

**Physical Therapy** Contact Karen Bustillo at Bustillo Physical Therapy 480-892-0808.

## MESA (ARBOR)

### Address

6111 E. Arbor Ave, Mesa, AZ 85206

### Boutique Hours

Monday, Wednesday, & Thursday, 10am-2pm

**Bra Fittings** To schedule a home visit, contact Barbara's Mastectomy at 602-234-9568.

**Facials** Contact Ann Sherman at Mindful Skin Spa (\$25) 480-390-2264.

## CHANDLER BUSINESS OFFICE

### Address

700 W. Warner Rd, Chandler, AZ 85225

### Ongoing Classes & Groups

#### Prostate Support Group

2<sup>nd</sup> Monday of the Month, 7-9pm

December 9

### Special Classes & Events

#### Mindfulness-Based Stress Reduction

Saturdays, 10am-12:30pm

January 11-March 7 (Saturdays)

8 week evidence-based program that offers secular, intensive mindfulness training to assist people with stress, anxiety, depression and pain.

Instructed by Cassandra Graff, MS, LCSW. Must commit to 7 of 8 classes to sign-up. Orientation at Chandler II, January 8, 6-7:30pm.

You must call 480-314-6660 to RSVP.

Follow us on social media @IronwoodCancer!



Events are subject to cancellation or change.  
View the code below with your iPhone camera  
or scan to view our current online calendar.



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## GLENDALE

### Address

5810 W. Beverly Ln, Glendale, AZ 85306

### Boutique Hours

By Appointment

### Ongoing Classes & Groups

#### Cervical, Ovarian, & Breast Cancer Support Group

3<sup>rd</sup> Tuesday, 5-7pm  
December 17

#### Chair Yoga

1<sup>st</sup> & 3<sup>rd</sup> Friday, 1-2pm  
December 6 & 20

#### General Cancer Support Group

2<sup>nd</sup> Wednesday, 4-6pm  
December 11

#### Spirituality Group with Circle of Hope Cancer Ministry

1<sup>st</sup> Friday, 10-11:30am  
December 6

#### Tai Chi

1<sup>st</sup> & 3<sup>rd</sup> Wednesday, 1-2pm  
December 4 & 18

### By Appointment & Fee-For-Service

**Bra Fittings** To schedule a home visit, contact Barbara's Mastectomy at 602-234-9568.

## SCOTTSDALE

### Address

8880 E. Desert Cove, Scottsdale, AZ 85260

### Boutique Hours

Monday-Friday, 10am-2pm

### Ongoing Classes & Groups

#### Breast Cancer Support Group

2<sup>nd</sup> Saturday, 10am-12pm  
December 14

#### Chair Yoga

Fridays, 1-2pm  
December 6, 13, & 20. No class on 12/27.

#### Drums, Rhythm & Relaxation

3<sup>rd</sup> Monday, 6-7pm  
December 16

#### Sound Bowl Meditation

No class on 12/24. Next class January 28.

#### Tai Chi

Thursdays, 3-3:45pm  
December 5, 12, & 19. No class on 12/26.

### Special Classes & Events

#### Lunchtime Conversations

**Cancer & Genetics Presentation with Dr. Arvind Bakhru.**  
**Bring a sack lunch & your questions for this informative talk.**  
**December 18, Wednesday, 12-1**  
**You must call 480-314-6660 to RSVP.**

### By Appointment & Fee-For-Service

**Acupuncture** (\$80 per hour) Contact Dr. Hsu at Meridian Pain Management & Rehabilitation 480-330-6211.

**Bra Fittings** To schedule a home visit, contact Barbara's Mastectomy at 602-234-9568.

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

## SUN CITY

### Address

14810 N. Del Webb Blvd #3, Sun City, AZ 85351

### By Appointment & Fee-For-Service

**Bra Fittings** To schedule a home visit, contact Barbara's Mastectomy at 602-234-9568.

### Ongoing Classes & Groups

#### General Cancer Support Group

2<sup>nd</sup> Monday, 10am-12pm  
December 9

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