

NOVEMBER 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

1st Wednesday, 6-8pm

November 6

Caregiver Support Group

3rd Saturday, 10am-12pm

November 16

Chair Yoga

Wednesdays, 10-11am

November 6, 13, & 20 *No class 11/27.*

Drums, Rhythm, & Relaxation

1st Tuesday, 6-7pm

November 5

Head & Neck Cancer Support Group

3rd Monday, 3-4:30pm

November 18

Heartfulness Meditation

Thursdays, 5:30-6:30pm

November 7, 14, & 21 *No class 11/28.*

Tai Chi

Tuesdays, 4:30-5:15pm

November 5, 12, 19, & 26

Special Classes & Events

Canvas Painting, 10am-12pm

November 5

You must call 480-314-6660 to RSVP.

Holiday Eating with Ironwood Dietitians

November 7, 6-7pm

You must call 480-314-6660 to RSVP.

ZUMBA

November 21, 4-5pm

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.

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

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

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

GILBERT

Address

3686 S. Rome St, Gilbert, AZ 85297

Boutique Hours

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

By Appointment & Fee-For-Service

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

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

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

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

MESA (ARBOR)

Address

6111 E. Arbor Ave, Mesa, AZ 85206

Boutique Hours

Monday-Friday, 10am-2pm

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

CHANDLER BUSINESS OFFICE

Address

700 W. Warner Rd, Chandler, AZ 85225

Ongoing Classes & Groups

Cancer & Caregiver Support Dinner with Cornerstone Church

Next meeting: January 29, 6-8pm

Prostate Support Group

2nd Monday of the Month, 7-9pm

November 11

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

3rd Tuesday, 5-7pm
November 19

Chair Yoga

1st & 3rd Friday, 1-2pm
November 1 & 15

General Cancer Support Group

2nd Wednesday, 4-6pm
November 13

Spirituality Group with Circle of Hope Cancer Ministry

1st Friday, 10-11:30am
November 1

Tai Chi

1st & 3rd Wednesday, 1-2pm
November 6 & 20

Special Classes & Events

Holiday Eating with Ironwood Dietitians

November 13, 6-7pm

You must call 480-314-6660 to RSVP.

Misconceptions about Chemotherapy with Ironwood Nurses

November 14, 12-1pm

You must call 480-314-6660 to RSVP.

By Appointment & Fee-For-Service

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

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

2nd Saturday, 10am-12pm
November 9

Chair Yoga

Fridays, 1-2pm
November 1, 8, 15, & 22 *No class on 11/29.*

Drums, Rhythm & Relaxation

3rd Monday, 6-7pm
November 18

Sound Bowl Meditation

4th Tuesday, 6-7pm
November 26

Tai Chi

Thursdays, 3-3:45pm
November 7, 14, & 21 *No class on 11/28.*

Special Classes & Events

Beautiful Beginnings

November 18, 5-7pm

Light dinner & free class to deal with skin care changes and beauty tips while in treatment.

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.

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

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

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

2nd Monday, 10am-12pm
November 11

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