

September

Supportive Care Services Calendar

Classes are free & open to everyone as a community service provided by Ironwood Cancer & Research Centers. Hybrid or In Person events provided at these locations:

Chandler: 685 S. Dobson Rd, Chandler, AZ 85224

Glendale: 5810 W Beverly Ln, Glendale, AZ 85306

Scottsdale : 8880 E. Desert Cove, Scottsdale, AZ 85260

Events are subject to cancelation or change.

To reserve your spot or for questions Call 480-314-6660 or

e-mail wellness@ironwoodcrc.com for online class access information.

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

SUPPORT GROUPS

Chandler Breast Cancer
Support Group In Person
1st Wednesday, 6-8pm, September 6

Scottsdale Breast Cancer
Support Group Online
2nd Saturday, 10am-12pm, September 9

Prostate Support Group
In Person/Online
2nd Monday, 7-9pm, September 11

Caregiver Support Group
In Person (Lunch Provided)/Online
4th Tuesday, 12-1:30pm, September 26

Metastatic Support Group *New Time*
4th Wednesday, 11am-12:30pm, September 27

Survivors Support Group
4th Monday, 6-7:30pm, September 25

Breast Cancer Survivorship Program Online with
Dr. Rula, Wednesdays, 12-1pm, Aug 30-Nov 15
Must RSVP, Ironwood Patients (Past & Current) Only



LUNCH & LEARNS

Every Tuesday at 11am!
Watch on YouTube any time
after premier date!

September 5: Should everyone with breast cancer
get a mastectomy? Presented by Dr. Vaidya

September 12: Hematologic Malignancies
Presented by Dr. Cherington

September 19: Self Care with Social Workers

September 26: Ten reasons to see a Genetic
Counselor with Mandy

FITNESS CLASSES

Tai Chi
Thursdays, 10-10:45am
No September Classes

Chair Yoga
2nd & 4th Wednesday, 10-11am
September 13 & 27

Glendale Yoga In Person
3rd Thursday, 2-3pm, September 21



WELLNESS CLASSES

Monday Brain Vacation (Online)
Guided Meditation
Mondays, 12-12:30pm,
September 11, 18, & 25 *No class 9/4*

Watercolor and Acrylic Painting
3rd Wednesday, 10-11am, September 20

Reiki Healing Session
with Usui Reiki Master Teacher Kerri Wade
3rd Friday, 1-1:30pm, September 15

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