



**Ironwood Cancer  
& Research Centers**  
*Outsmarting Cancer One Patient at a Time®*



**Ironwood Cancer & Research Centers offers complimentary Supportive Care Services classes and support groups, available to everyone in the community.**

## **Podcast**

**Ironwood Cancer Insights**



**Be sure to subscribe to be notified  
when new episodes drop!**

## **Fitness Classes**

### **Tai Chi Online**

1st, 2nd, 3rd & 5th Thursday, 10-10:45am  
Oct 3, 10, 17 & 31

### **Chair Yoga Online**

2nd & 4th Wednesday, 10-11am, Oct 9 & 23

### **Yoga Nidra with Jodi at Glendale**

*No class this month.*

### **Yoga with Ana Rinderer at Chandler**

3rd Wednesday, 3:30-4:30pm, Oct 16

### **Tai Chi at Chandler**

4th Thursday, 10-10:45am, Oct 24

### **Yoga with Ann Ford at Chandler**

4th Friday, 3-4pm, Oct 25 *New later time!*

## **Wellness Classes**

### **Mindful Eating for Mindful Living Online & at Chandler**

Tuesdays, 3:30-4:30pm, Oct 1, 8, 15, 22 & 29

### **Breast Cancer Survivorship Series Online**

Wednesday, 6-7pm, Oct 2, 9, 16, 23 & 30

### **Chemo Chat Online**

1st Thursday, 12-12:30pm, Oct 3

### **Survivorship Series Online**

Thursdays, 6-7pm, Oct 3, 10, 17 & 24

### **Breath Work with Kreston Woods at Chandler**

2nd Tuesday, 10-11am, Oct 8

### **Sound Bath at Chandler**

2nd Thursday, 4-5:30pm, Oct 10

### **Reiki Healing Session Online**

3rd Friday, 1-1:30pm, Oct 18

### **Eating through the Holidays Online**

4th Wednesday, 12-1pm, Oct 23

## **Support Groups**

### **East Valley Breast Cancer Support Group at Chandler**

1st Wednesday, 6-8pm, Oct 2

### **Online Breast Cancer Support Group**

2nd Saturday, 10am-12pm, Oct 12

### **Prostate Support Group Online & at Chandler**

2nd Monday, 6-8pm, Oct 14 *New earlier time!*

### **Head & Neck Support Group Online**

3rd Thursday, 1-2:30pm, Oct 17

### **Young Adult Cancer Support Group Online**

3rd Monday from 5:30-7 PM, Oct 21

## **Survivors' Day Celebrations**

Free Pancake Breakfast, Children's Crafts, Face Painting,  
Healthy Eating Information, Community Vendors,  
Free Head & Neck Screening

**8-11am, Saturday, Oct 19 - Scottsdale Office**

**8-11am, Saturday, Nov 2 - Glendale Office**



Hybrid or office events provided at these locations:

685 S. Dobson Rd, Chandler, AZ 85224

5810 W Beverly Ln, Glendale, AZ 85306

8880 E Desert Cove Ave, Scottsdale, AZ 85260

**To reserve your spot or for questions call 480-314-6660  
or e-mail [wellness@ironwoodcrc.com](mailto:wellness@ironwoodcrc.com) for online class access information.**

Be sure to follow Ironwood Cancer & Research Centers on social media and  
sign up for our newsletter for updates on our wellness classes and support groups.

Events are subject to cancellation or change.

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



**To view our current  
events online, scan the  
code with your phone's  
camera or visit  
[ironwoodcrc.com](http://ironwoodcrc.com).**

