

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Chandler Gilbert Scottsdale Glendale Mesa/Arbor Mesa/Dobson	 <p>Ironwood Cancer & Research Centers <i>Outsmarting Cancer One Patient at a Time™</i></p>	1 Chair Yoga 10-11am Tai Chi 1-2pm	2 Meditation Class 5:30-6:30pm NO TAI CHI	3 Pilates 2-3pm	4	
6 Look Good Feel Better 4-6pm*		7 Tai Chi 4:30-5:15pm CLIMB 5:30-7:00pm	8 Chair Yoga 10-11am Spirituality Group 4:00-5:00pm Cancer Support Group 6:30-8:30pm	9 Watercolor Painting 10am-12pm Art Group 10am-12pm Tai Chi 3:00-3:45pm Meditation Class 5:30-6:30pm Lymphoma Group 6-8pm National Nutrition Luncheon -11am*	10 Chair Yoga 1-2pm Chair Yoga 2-3pm	11 Breast Cancer Group 10am-12pm
13 Look Good Feel Better 4-6pm* Prostate Support Group 7-9pm		14 Color Me Calm 1-2:30pm Tai Chi 4:30-5:15pm CLIMB 5:30-7:00pm	15 Chair Yoga 10-11am Ask the Expert 12-1pm Tai Chi 1-2pm Spirituality Group 5:30-7pm Spirituality Group 5:30-7pm Cooking Demo 3:00-4:00pm*	16 Watercolor Painting 10am-12pm Tai Chi 3:00-3:45pm Meditation Class 5:30-6:30pm	17 Pilates 2-3pm Craft Class 10am-12pm	18 Caregiver Support Group 10am-12pm Breast Cancer Group 10am-12pm
20 Look Good Feel Better 4-6pm* Head & Neck Group 3-4:30pm		21 Head & Neck Group 3-4:30pm Tai Chi 4:30-5:15pm CLIMB 5:30-7:00pm Rhythm & Relaxation 6-7pm	22 Chair Yoga 10-11am Metastatic Support Group 3-4:30pm Cancer Support Group 6:30-8:30pm	23 Tai Chi 3:00-3:45pm Meditation Class 5:30-6:30pm	24 Chair Yoga 1-2pm Chair Yoga 2-3pm Art Group 10am-12pm	25 <p style="text-align: center;">Gilbert Survivors Day Celebration! 8-11am!</p> 
27 Multiple Myeloma Group 1-2:30pm Look Good Feel Better 4-6pm* Writing Workshop 6:30-8:30pm		28 Tai Chi 4:30-5:15pm CLIMB 5:30-7:00pm	29 Chair Yoga 10-11am	30 Tai Chi 3:00-3:45pm Meditation Class 5:30-6:30pm	31	

Support Groups and Integrative Services held at Ironwood Cancer & Research Centers are open to all in the community affected by cancer. Unless otherwise noted, support groups and services are free of charge.
 Should you have any questions please contact:
 Kelly Huey, MSW, LCSW at 480-340-4013 | Jenny Billiard, LMSW at 602-588-4367

* asterisk denotes class or service that requires RSVP—see back for details.

NOTE: 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. www.ironwoodcrc.com

March

Integrative Services

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

Massage: (30 min-\$35, 60 min-\$65, 90 min-\$95)

Contact Debra Favata at Higher Vibrations 480-234-1578

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

GLENDALE

Massage: (30 min-\$40, 45 min- \$60, 60 min-\$70, 90 min- \$95)

Contact Rocco Petitti at No-Body's Perfect Massage, Inc 602-740-2409

SCOTTSDALE

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

Massage: (30 min-\$40, 45 min- \$60, 60 min-\$70, 90 min- \$95) By appt, call Rocco Petitti at No-Body's Perfect Massage, Inc 602-740-2409

National Nutrition Luncheon—Arizona Culinary Institute:

March 9 at 11am Please join our Dietitians for a tour and luncheon at the Du Jour Restaurant located inside the Arizona Culinary Institute, 10585 N. 114th St., Ste. 401, Scottsdale, 85259

Cost \$17.50 Cash only Reservations are mandatory; To make a reservation or for questions contact Tricia 480-855-2259 or Kindra 480-314-6677

Additional Services

RSVP Required:

CHANDLER:

CLIMB Class: Class for children ages 6-12 (and parents) to help them cope with having a loved one diagnosed with cancer. **Will be held every Tuesday starting February 28 through April 4 from 5:30-7pm.**(dinner provided) RSVP to Kelly Huey at 480-340-4013

Cooking Demonstration: Third Wed of each month from 3:-00-4:00pm. Demo and tasting provided by the **Arizona Culinary Institute: 10585 N 114th St Ste 401 Scottsdale, 85259** RSVP to *Tricia Young, RD 480-855-2259 or Kindra Peterson, RD 480-314-6677.*

Look Good Feel Better: Offered at many of our locations. Contact Sandra Surgeon to register at 480-855-2224.

No RSVP Required:

Boutique Hours:

Chandler: Mon-Fri 10am-2pm

Glendale: By appt, Jenny 602-588-4367

Scottsdale: Fri 10am-2pm

Gilbert: Tues, Wed, Thurs 10am-2pm

Mesa (Arbor): Tues, Wed, Thurs 10am-12pm

If addition times needed contact: Jenny Billiard 602-588-4367(Glendale/Scottsdale) or Kelly Huey 480-340-4013 (Chandler/Gilbert/Mesa)

Free Wig Styling:

Chandler: Second Thursday of the month 10am-12pm

Gilbert: Please call Niki to schedule and appointment 516-816-6452

**For wig trimming/head shaving Niki with Xtend Yourself, will come to you. Phone: 516-816-6452 Email: Nicki@Xtendyourself.com*

Bra Fittings

To schedule, call Barbara with Barbara's Mastectomy 602-234-9568* will also do home visits

Special Events

Survivor's Day:

Gilbert: March 25, 2017 from 8-11am

Glendale: May 6, 2017 from 8-11am

Scottsdale: October 14, 2017 from 8-11am

Locations:

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

Mesa (Dobson)

1432 S Dobson Rd #106
Mesa, AZ 85202

Scottsdale

8880 E Desert Cove Ave
Scottsdale, AZ 85260