

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Chandler Gilbert Scottsdale Glendale Mesa/Arbor Mesa/Dobson</p>			<p>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.</p> <p>Should you have any questions please contact: <i>Kelly Huey, MSW, LCSW at 480-340-4013 Jenny Billiard, LMSW at 602-588-4367</i></p>		1
3 Look Good Feel Better 4-6pm Cannabis and Cancer 6-7:00pm	4 Tai Chi 4:30-5:15pm	5 Chair Yoga 10-11am Tai Chi 1:00-2pm	6 Tai Chi 3:00—3:45pm Meditation Class 5:30-6:30pm	7 Chair Yoga 1-2pm Pilates 2-3pm	8 Breast Cancer Group 10am-12pm
10 Look Good Feel Better 4-6pm Prostate Support Group 7-9pm	11 Color Me Calm 1-2:30pm Tai Chi 4:30-5:15pm	12 Chair Yoga 10-11am Spirituality Support Group 4:00-5p Cancer Support Group 6:30-8:30pm	13 Mind, Body & Spirit—Art Class 10-12pm Watercolor Class - 10a-12pm Tai Chi 3:00—3:45pm Meditation Class 5:30-6:30pm Lymphoma Support 6-8pm	14 Chair Yoga 2-3pm	15 Breast Cancer Group 10am-12pm Caregiver Support Group 10am-12p
17 Head & Neck Group 3-4:30pm Look Good Feel Better 4-6pm	18 Head and Neck Group 3-4:30pm Tai Chi 4:30-5:15pm Essential Oils Class—5:30-6:30pm Rhythm & Relaxation 6-7pm	19 Chair Yoga 10-11am Ask the Expert 12-1pm* Tai Chi 1:00-2pm Cooking Demonstration* 3:00-4:00pm Spirituality Support Group 5:30-7:00p Spirituality Support Group 5:30-7:00p	20 Watercolor Class - 10a-12pm Tai Chi 3:00-3:45pm Meditation Class 5:30-6:30pm Crochet 101—10a—12pm	21 Chair Yoga 1-2pm Pilates 2-3pm	22
24 Multiple Myeloma 1-2:30pm Essential Oils Class—5:30-6:30pm	25 Tai Chi 4:30-5:15pm	26 Chair Yoga 10-11am Metastatic Support Group 3-4:30pm Cancer Support Group 6:30-8:30pm	27 Mind, Body & Spirit—Art Class 10-12pm Tai Chi 3:00—3:45pm Meditation Class 5:30-6:30pm	28 Chair Yoga 2-3pm	29

* asterisk denotes class or service that requires RSVP

April

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

GILBERT

Acupuncture: Contact Kari-Ann Hubbard at Luna Acupuncture 480-426-9251

MESA

Acupuncture: Contact Kari-Ann Hubbard at Luna Acupuncture 480-426-9251

Additional Services

RSVP Required:

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.

CHANDLER Bra Fittings—Second Monday of each month—call to schedule appt

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

No RSVP Required:

Boutique Hours:

Chandler: Mon-Fri 10am-2pm

Glendale: By appt, Jenny 602-588-4367

Scottsdale: Tues/Fri 10am-1pm

Gilbert: Tues, Wed 10am-2pm

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

Scottsdale: Thurs 9am-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*

Special Events

Survivor's Day:

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