



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Chandler Gilbert Scottsdale Glendale Mesa/Arbor Mesa/Dobson		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 Gilbert Survivors Day Celebration! 8-11am! 
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

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