

Support Services Calendar | JULY 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location Code: Chandler • Gilbert Scottsdale • Glendale Mesa/Arbor • Mesa/Dobson					
Support Groups and Integrative Services held at Ironwood Cancer & Research Centers are open to all in the community. Unless otherwise noted, support groups and services are free of charge. Should you have any questions please contact: INTEGRATIVE SERVICES at 480-314-6660 socialwork@ironwoodcrc.com					
					1 <i>*No Caregiver Support Group</i>
3	4 Office Closed  	5 Chair Yoga 10-11am Tai Chi 1-2pm Meditation 12:30-1pm Breast Cancer Support Group 6-7:30pm	6 Tai Chi 3-3:45pm Meditation 5:30-6:30pm	7 Chair Yoga 1-2pm Pilates 2-3pm	8 Breast Cancer Support Group 10-12pm
10 Look Good Feel Better 4-6pm Prostate Cancer Group 7-9pm	11 Color Me Calm 1-2:30pm Tai Chi 4:30-5:15pm	12 Chair Yoga 10-11am Meditation 12:30-1pm Cancer Support Group 6:30-8:30pm <i>*No Spirituality Group</i>	13 Tai Chi 3-3:45pm Meditation 5:30-6:30pm Art Class 10-12pm Lymphoma Support Group 6 - 8pm	14 Chair Yoga 2-3pm	15 Caregiver Support Group 10-12pm Breast Cancer Support Group 10-12pm
17 Look Good Feel Better 4-6pm Head and Neck 3-4:30pm Guest Speaker Dr. Kelly Hsu	18 Tai Chi 4:30-5:15pm Rhythm & Relaxation 6-7pm	19 Chair Yoga 10-11am Meditation 12:30-1pm Tai Chi 1-2pm Cooking Demonstration 3-4pm* Spirituality Group 5:30-7pm Spirituality Group 5:30-7pm	20 Tai Chi 3-3:45pm Summer Skin Care 4-5pm Meditation 5:30-6:30pm	21 Chair Yoga 1-2pm Pilates 2-3pm	22
24 Look Good Feel Better 4-6pm Multiple Myeloma Support Group 1-2:30pm Survivor Group 6-7:30pm	25 Tai Chi 4:30-5:15pm	26 Meditation 12:30-1pm Chair Yoga 10-11am Metastatic Cancer Support Group 3-4:30pm Cancer Support Group 6:30-8:30pm	27 Tai Chi 3-3:45pm Art Class 10-12pm Meditation 5:30-6:30pm	28 Chair Yoga 2-3pm	29 31 –Monday

**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.

JULY

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- \$50, 60 min-\$65)

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- \$50, 60 min-\$65)

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

GILBERT

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

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

MESA

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

Additional Services

RSVP Required:

Cooking Demonstration: Third Wednesday 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. To Register: Contact the American Cancer Society directly at 800-227-2345

CHANDLER Bra Fittings—Second Monday of each month—To schedule, call Barbara with Barbara's Mastectomy 602-234-9568

** will also do home visits*

No RSVP Required:

Boutique Hours: *If additional hours are needed contact: Integrative Services at 480-314-6660*

Chandler: Mon-Fri 10am-2pm

Glendale: By appt, Jenny 602-588-4367

Scottsdale: Tues/Fri 10am-1pm

Gilbert: Mon-Fri 10am-2pm

Mesa (Arbor): Mon-Thurs 10am-2pm

Thurs 9am-12pm

Wed 1pm-2pm

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*

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