

Support Services Calendar | August 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location Code: Chandler●Gilbert Scottsdale●Glendale Mesa/Arbor●Mesa/Dobson	1 Tai Chi 4:30-5:15pm	2 Chair Yoga 10-11am Breast Cancer 6-7:30pm Meditation 12:30-1pm Tai Chi 1-2pm Spirituality Group 6-7pm	3 Tai Chi 3-3:45pm Meditation 5:30-6:30pm Book Signing -Under a Desert Sky 7-8pm	4 Chair Yoga 1-2pm Pilates 2-3pm	5 Caregiver Support Group 10-12pm
7 Look Good Feel Better 4-6pm**	8 Color Me Calm 1-2:30pm Tai Chi 4:30-5:15pm	9 Chair Yoga 10-11am Cancer Support Group 6:30-8:30pm Spirituality Group 4-5pm	10 Tai Chi 3-3:45pm Art Class 10-12pm Meditation 5:30-6:30pm Lymphoma Support Group 6-8pm	11 Chair Yoga 2-3pm	12 Breast Cancer Support Group 10-12pm Caregiver Support Group 10-12pm
14 Look Good Feel Better 4-6pm** Prostate Cancer Group 7-9pm	15 Tai Chi 4:30-5:15pm Rhythm & Relaxation 6-7pm	16 Chair Yoga 10-11am Meditation 12:30-1pm Tai Chi 1-2pm Cooking Demonstration 3-4pm** <i>French Inspired</i> Spirituality Group 5:30-7pm	17 Tai Chi 3-3:45pm Meditation 5:30-6:30pm Breast Cancer Support Group 6-8pm Book Signing - <i>The Cancer Effect</i> 6:30-7:30pm	18 Chair Yoga 1-2pm Pilates 2-3pm	19 Caregiver Support Group 10-12pm
21 Look Good Feel Better 4-6pm** Head and Neck 3-4:30pm	22 Tai Chi 4:30-5:15pm Book Signing - <i>On The Border of a Dream by Dr. Edgar Hernandez</i>	23 Chair Yoga 10-11am Cancer Support Group 6:30-8:30pm Metastatic Cancer Support Group 3-4:30pm	24 Jewelry Class 10-12pm** Art Class 10-12pm Tai Chi 3-3:45pm Meditation 5:30-6:30pm	25 Chair Yoga 2-3pm	26
28 Multiple Myeloma Support Group 1-2:30pm Survivor Group 6-7:30pm	29 Tai Chi 4:30-5:15pm Essential Oils Class 6pm	30 Chair Yoga 10-11am Cancer & Caregiver Support Dinner 6-8pm**	31 Tai Chi 3-3:45pm Meditation 5:30-6:30pm	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 480-314-6660 socialwork@ironwoodcrc.com	

**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.

AUGUST

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:

CHANDLER: Cancer & Caregiver Support Group & Dinner: 6-8pm Contact Kelly Huey to RSVP for Dinner at 480-340-4013

Cooking Demonstration: August: *French Inspired Soups, Sauces and a proper Roux -Bonjour!*
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 or to make an appointment contact: Integrative Services at 480-314-6660*

Chandler: Mon-Fri 10am-2pm

Glendale: By appt only

Scottsdale: Tues, Fri 10am-1pm

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

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

Thurs 9am-12pm

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: Niki@Xtendyourself.com

Special Events

Scottsdale: Healthy Living Workshop | Cancer: Thriving and Surviving Tuesdays, Aug 29-Oct 3

from 10-12:30pm. Free six-week workshop. RSVP to Reva at 623-236-5113 or reva.litt@gmail.com

Chandler: Bead Simple | Jewelry Making Class Thurs Aug 24, 10-12pm RSVP required 480-314-6660

Essential Oils Class | 6-7pm: **Mesa (Arbor):** Aug 29 **Chandler:** Sept 12 **Glendale:** Oct 10 **Scottsdale:** Nov 7

Author Book Reviews and Signing:

On The Border of a Dream by Dr. Edgar Hernandez | **Chandler:** Aug 22 6-8pm

The Cancer Effect by Claudia Bretzing | 6:30-8:30pm: **Chandler:** Aug 17 **Scottsdale:** Sept 1 **Glendale:** Oct 26

Under a Desert Sky by Lynne Hartke | **Scottsdale:** Aug 3, 7-8pm:

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