

Support Services Calendar for September 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.

Questions? Contact our Integrative Services department at....

(480) 314-6660 socialwork@ironwoodcrc.com

1

Chair Yoga
1-2pm
Pilates 2-3pm

2

Offices Closed

4

Offices Closed



5

Tai Chi 4:30-5:15pm

6

Breast Cancer 6-7:30pm
Chair Yoga 10-11am
Meditation 12:30-1pm
Spirituality Group 6-7pm
Tai Chi 1-2pm

7

Tai Chi 3-3:45pm
Meditation 5:30-6:30pm
Book Signing -The Cancer Effect 6:30-7:30pm

8

Chair Yoga
2-3pm

9

Breast Cancer Support Group 10-12pm
Caregiver Support Group 10-12pm

11

Look Good Feel Better 4-6pm**

Prostate Cancer Group 7-9pm

12

Color Me Calm 1-2:30pm

Tai Chi 4:30-5:15pm

Essential Oils Class 6pm

13

Cancer Support Group 6:30-8:30pm

Chair Yoga 10-11am

Spirituality Group 4-5pm

14

Art Class 10-12pm

Tai Chi 3-3:45pm

Meditation 5:30-6:30pm

Lymphoma Support Group 6-8pm

15

Chair Yoga 1-2pm

Pilates 2-3pm

16

Caregiver Support Group 10-12pm



18

Look Good Feel Better 4-6pm**

Head and Neck 3-4:30pm

19

Tai Chi 4:30-5:15pm

Rhythm & Relaxation 6-7pm

20

Chair Yoga 10-11am
Spirituality Group 5:30-7pm
Meditation 12:30-1pm
Cooking Demonstration 3-4pm**
Tai Chi 1-2pm

21

Breast Cancer Support Group 6-8pm

Tai Chi 3-3:45pm

Meditation 5:30-6:30pm

22

Chair Yoga 2-3pm



23

25

Multiple Myeloma Support Group 1-2:30pm

Look Good Feel Better 4-6pm**

Survivor Group 6-7:30pm

26

Tai Chi 4:30-5:15pm



27

Metastatic Cancer Support Group 3-4:30pm
Cancer Support Group 6:30-8:30pm
Chair Yoga 10-11am
Cancer & Caregiver Support Dinner 6-8pm**

28

Art Class 10-12pm

Tai Chi 3-3:45pm

Meditation 5:30-6:30pm

29

30

**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.

SEPTEMBER

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: Contact Kelly Huey at 480-340-4013 to RSVP. 6-8pm, Last Wednesday of the Month.

Cooking Demonstration: 3-4pm Sept 20

Demo and tasting provided by the Arizona Culinary Institute: 10585 N 114th St Ste 401, Scottsdale, AZ 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: Mon-Fri 10am-2pm

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

Mesa (Arbor): Mon, Tues, Thurs, Fri 10am-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: Niki@Xtendyourself.com

Special Events

Walkers Needed ~ Join our Teams!

Making Strides Against Breast Cancer 10/28 Undy 5000 Colon Cancer walk/run 11/4

Lymphomathon Phoenix Zoo Walk 11/11 Lymphoma & Leukemia Society Light the Night Walk 11/11

Run/Walk to Break the Silence on Ovarian Cancer (NOCC) 12/3

C.L.I.M.B Six week program designed for children whose parents have cancer, includes art projects discussions, and a concurrent parent group. (dinner provided) **Chandler:** Tuesdays 5:30-7pm Oct 17-Nov 28 *No class Oct 31*

RSVP Required **Integrative Services at 480-314-6660**

Essential Oils Class | 6-7pm: **Chandler:** Sept 12 **Glendale:** Oct 10 **Scottsdale:** Nov 7

Survivor's Day Breakfast - SAVE THE DATE! 8-11am: **Scottsdale:** Oct 14

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