






Support Services Calendar for October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Look Good Feel Better 4-6pm**	3 Tai Chi 4:30-5:15pm	4 Breast Cancer 6-7:30pm Chair Yoga 10-11am Meditation 12:00-1pm	5 <i>Art Class Bring Your Own River Rock</i> 10am-12pm <i>Tai Chi 3-3:45pm</i> <i>Meditation 5:30-6:30pm</i>	6 Chair Yoga 1-2pm Pilates 2-3pm	7 Caregiver Support Group 10-12pm
9 Look Good Feel Better 4-6pm** Prostate Cancer Group 7-9pm	10 <i>Color Me Calm</i> 1-2:30pm <i>Tai Chi 4:30-5:15pm</i> <i>Essential Oils Class 6pm</i> <i>Navigating the Journey ALTCS & VA Intro 6:30-7:30pm</i>	11 Cancer Support Group 6:30-8:30pm Chair Yoga 10-11am Spirituality Group 4-5pm	12 Art Class 10-12pm Tai Chi 3-4:00pm Meditation 5:30-6:30pm Lymphoma Support 6-8pm	13 Chair Yoga 2-4pm	14 Survivor's Day Breakfast 8-11am  No groups today.
16 Look Good Feel Better 4-6pm** Head and Neck 3-4:30pm	17 Tai Chi 4:00-5:00pm Rhythm & Relaxation 6-7pm  CLIMB class 5:30-7pm**	18 Chair Yoga 10-11am Spirituality Group 5:30-7pm Meditation 12:00-1pm Cooking Demonstration 3-4pm** Tai Chi 1-2pm	19 <i>Art Class Bring Your Own River Rock</i> 10am-12pm <i>Breast Cancer Support Group 6:30-8:30pm</i> <i>Tai Chi Canceled</i> <i>Meditation 5:30-6:30pm</i> <i>Spirituality Group Christian Movie Night: Gospel of John 6-7:30pm</i>	20 Chair Yoga 1-2pm Pilates 2-3pm 	21 Caregiver Support Group 10-12pm 
23 Multiple Myeloma Support Group Special Speaker 1-2:30pm** Make Your Own Jewelry Bracelet 10am-12pm** Survivor Group Canceled due to Motivational Speaker Talk Tonight Motivational Speaker Jerry Traylor 6:30-7:30pm	24 Tai Chi 4:30-5:15pm CLIMB class 5:30-7pm** 	25 Metastatic Cancer Support Group 3-4:30pm Cancer Support Group 6:30-8:30pm Chair Yoga 10-11am Cancer & Caregiver Support Dinner 6-8pm** Book Signing & Writing Event: The Story you Need to Tell 6:30-7:30pm	26 Art Class 10-12pm Tai Chi 3-3:45pm Meditation 5:30-6:30pm Book Signing -The Cancer Effect 6:30-7:30pm	27 Chair Yoga 2-4pm	28

30

31
Tai Chi Canceled
CLIMB Canceled


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

Location Code
Chandler
Gilbert
Scottsdale
Glendale
Mesa Arbor
Mesa Dobson

**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.

October

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

Additional Services

RSVP Required:

SCOTTSDALE: Jewelry class in Scottsdale Oct 23 from 10-12 pm. The class is limited to 10. Call 480-314-6660 to RSVP with Melanie.

SCOTTSDALE: Multiple Myeloma Support Group Speaker Beth Landa Oct 23 1-2:30pm. Call 480-314-6660 to RSVP with Melanie.

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 Oct 18 Demo and tasting provided by the Arizona Culinary Institute: 10585 N 114th St Ste 401, Scottsdale
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: **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