

# Support Services Calendar for December 2017

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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](mailto:socialwork@ironwoodcrc.com)

## LOCATION CODES

**Chandler**                      **Gilbert**  
**Scottsdale**                  **Glendale**  
**Mesa Arbor**      **Mesa Dobson**

SEE BACK FOR ADDRESSES

1  
**Chair Yoga,**  
**Glendale 1-2pm**  
 Pilates,  
 Scottsdale Canceled

2  
**Caregiver Support**  
**Group, Glendale 10-12pm**  
**Branden Lombardi Foundation**  
**Benefit at Chandler Fashion**  
**Center CPK 11am-9pm**

4  
**Look Good Feel Better,**  
**Chandler 4-6pm\*\***

5  
**Tai Chi, Chandler 4:30-5:15pm**  
**Drums Rhythm & Relaxation,**  
**Chandler 6-7pm**



6  
**Breast Cancer Support Group,**  
**Chandler 6-7:30pm**  
**Chair Yoga, Chandler 10-11am**  
**Meditation, Glendale Canceled**  
**Tai Chi, Glendale 1-2pm**

7  
**Art Class: Canvas Painting, Chandler**  
**10am-12pm**  
**Tai Chi, Scottsdale 3-3:45pm**  
**Meditation, Chandler 5:30-6:30pm**



8  
**Chair Yoga,**  
**Scottsdale 2-3pm**

9  
**Caregiver Support Group,**  
**Scottsdale 10-12pm**  
**Breast Cancer Support Group,**  
**Scottsdale 10-12pm**

11  
**Prostate Support Group,**  
**Chandler 7-9pm**

12  
**Writing Workshop, Chandler**  
**1-2:30pm**  
**Tai Chi, Chandler 4:30-5:15pm**  
**Caring for Yourself and**  
**Navigating the Holidays,**  
**Chandler 5:30-7pm**

13  
**Chair Yoga, Chandler 10-11am**  
**Cancer Support Group, Glendale**  
**6:30-8:30pm**

14  
**Art Class, Glendale 10-12pm**  
**Tai Chi, Scottsdale 3-3:45pm**  
**Meditation, Chandler 5:30-6:30pm**  
**Leukemia & Lymphoma Support**  
**Group, Scottsdale 6-8pm**

15  
**Chair Yoga,**  
**Glendale 1-2pm**  
 Pilates, Scottsdale  
 Canceled



16  
**Caregiver Support Group,**  
**Chandler 10-12pm**



18  
**Head and Neck Support Group,**  
**Chandler 3-4:30pm**

19  
**Tai Chi, Chandler Canceled**  
**Drums Rhythm & Relaxation,**  
**Scottsdale 6-7pm**



20  
**Chair Yoga, Chandler 10-11am**  
**Meditation, Glendale Canceled**  
**Tai Chi, Glendale 1-2pm**  
**Spirituality Group, Chandler**  
**5:30-7pm**



21  
**Tai Chi, Scottsdale 3-3:45pm**  
**Breast Cancer Support**  
**Group, Glendale Canceled**  
**Meditation, Chandler 5:30-6:30pm**

22  
**Chair Yoga,**  
**Scottsdale Canceled**

23

25  
**Christmas Day Offices Closed**  
**Multiple Myeloma Support Group,**  
**Scottsdale Canceled**  
**Survivor Group, Chandler Canceled**



26  
**Tai Chi, Chandler Canceled**

27  
**Chair Yoga, Chandler 10-11am**  
**Metastatic Cancer Support Group,**  
**Chandler Canceled**  
**Cancer Support Group, Glendale**  
**Canceled**  
**Cancer & Caregiver Support Dinner**  
**Canceled**

28  
**Tai Chi, Scottsdale Canceled**  
**Meditation, Chandler 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.

# December 2017

## 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-\$40, 45 min-\$50, 60 min-\$60, 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

## SUPPORT GROUPS

### Breast Cancer Group

**Chandler:** 1<sup>st</sup> Wednesday of the month 6-7:30pm

**Scottsdale:** 2<sup>nd</sup> Saturday of the month 10-12pm

**Glendale:** 3<sup>rd</sup> Thursday of the month 6:30-8:30pm

### Caregiver Group

**Glendale:** 1<sup>st</sup> Saturday of the month 10-12pm

**Scottsdale:** 2<sup>nd</sup> Saturday of the month 10-12pm

**Chandler:** 3<sup>rd</sup> Saturday of the month 10-12pm

### General Cancer Group

**Glendale:** 2<sup>nd</sup> & 4th Wednesday of the month 6:30-8:30pm

### Head & Neck Cancer

**Chandler:** 3<sup>rd</sup> Monday of the month 3-4:30pm

### Lymphoma & Leukemia Group

**Scottsdale:** 2<sup>nd</sup> Thursday of the month 6-8pm

### Metastatic Cancer Group

**Chandler:** 4<sup>th</sup> Wednesday of the month 3-4:30pm

### Multiple Myeloma Group

**Scottsdale:** 4<sup>th</sup> Monday of the month 1-2:30pm

### Prostate Cancer Group

**Chandler:** 2<sup>nd</sup> Monday of the month 7-9pm

### Radiation Group (Starting Jan '18)

**Chandler II:** 2<sup>nd</sup> Thursday of the month 10-11:30am

### Spirituality Group

**Chandler:** 3<sup>rd</sup> Wednesday of the month 5:30-7pm

### Survivors Group

**Chandler:** 4<sup>th</sup> Monday of the month 6-7:30pm

Note: Check our calendar for any holiday changes!

## RSVP Required:

**CHANDLER WARNER:** Cancer & Caregiver Support Group & Dinner. Contact Melanie at 480-314-6660 to RSVP. 6-8pm, Last Wednesday of the Month. Please note this is at a new location: Ironwood Business Office located at 700 W. Warner Rd., Chandler, AZ 85225. The offices are near the intersection of Alma School and Warner in front of the Wal-Mart. No event in Dec. Next class will be Jan 31.

**Look Good Feel Better:** Next Classes are Dec 4 in Chandler and Jan 8 in Gilbert. Must RSVP directly with the American Cancer Society

## 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 appointment only

**Scottsdale:** Mon-Fri 10am-2pm

**Gilbert:** Tues-Fri 10am-2pm

**Mesa (Arbor):** Mon, Wed, & 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

- Run/Walk to Break the Silence on Ovarian Cancer (NOCC) 12/3
- Art Class in Chandler: Canvas Painting 10am-12pm, Thursday, 12/7
- Branden Lombardi Foundation Benefit at Chandler Fashion Center California Pizza Kitchen 11am-9pm, Saturday, 12/2  
Bring in their event flyer and CPK will donate 20% of your check to the Foundation to benefit Ironwood patients!
- Caring for Yourself and Navigating the Holidays in Chandler 12/12. Similar Groups Coming on 1/9 & 2/13!

Chandler	Gilbert	Glendale	Mesa (Arbor)	Mesa (Dobson)	Scottsdale
685 S Dobson Rd Chandler, AZ 85224	3686 S Rome St Gilbert, AZ 85297	5810 W Beverly Ln Glendale, AZ 85306	6111 E Arbor Ave Mesa, AZ 85206	1432 S Dobson Rd #106 Mesa, AZ 85202	8880 E Desert Cove Ave Scottsdale, AZ 85260