

Support Services Calendar for November 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

		<p>1 Breast Cancer Support Group 6-7:30pm Chair Yoga 10-11am</p>	<p>2 Art Class <i>Paper Fusion Mixed Media</i> 10am-12pm Tai Chi 3-3:45pm Meditation 5:30-6:30pm</p>	<p>3 Chair Yoga 1-2pm Pilates 2-3pm</p>	<p>4 Caregiver Support Group 10-12pm</p>
<p>6 Look Good Feel Better 4-6pm**</p>	<p>7 Christmas Craft 10-12pm** Tai Chi 4:30-5:15pm CLIMB class 5:30-7pm** Essential Oils Class 6-7pm</p>	<p>8 Chair Yoga 10-11am Cancer Support Group 6:30-8:30pm Writing Class and Book Signing: <i>The Story you Need to Tell</i> 6:30-7:30pm</p>	<p>9 Art Class 10am-12pm Tai Chi 3-3:45pm Meditation 5:30-6:30pm Leukemia & Lymphoma Support Group 6-8pm</p>	<p>10 Chair Yoga 2-4pm</p>	<p>11 Caregiver Support Group 10-12pm Breast Cancer Support Group 10-12pm</p>
<p>13 Look Good Feel Better 4-6pm** Prostate Cancer Group 7-9pm</p>	<p>14 Writing Workshop 1-2:30pm Tai Chi 4:30-5:15pm CLIMB class 5:30-7pm** Wills & Trusts 6-7:30pm</p> 	<p>15 Chair Yoga 10-11am Tai Chi 1-2pm Spirituality Group 5:30-7pm</p> 	<p>16 Art Class <i>Paper Fusion Mixed Media</i> 10am-12pm Breast Cancer Support Group 6:30-8:30pm Tai Chi 3-3:45pm Meditation 5:30-6:30pm</p>	<p>17 Chair Yoga 1-2pm Pilates 2-3pm</p> 	<p>18 Caregiver Support Group 10-12pm</p> 
<p>20 Head and Neck Support Group 3-4:30pm Look Good Feel Better 4-6pm**</p>	<p>21 Tai Chi Canceled CLIMB class 5:30-7pm** Drums Rhythm & Relaxation 6-7pm</p> 	<p>22 Chair Yoga Canceled Metastatic Cancer Support Group Canceled Cancer Support Group Canceled</p>	<p>23 Thanksgiving Offices Closed</p> 	<p>24 Black Friday Offices Closed</p> 	<p>25</p>
<p>27 Multiple Myeloma Support Group 1-2:30pm Survivors Group 6-7:30pm</p>	<p>28 Tai Chi 4:30-5:15pm CLIMB class 5:30-7pm**</p>	<p>29 Chair Yoga 10-11am Cancer & Caregiver Support Dinner 700 W. Warner Rd. in Chandler 6-8pm**</p>	<p>30 Tai Chi 3-3:45pm Meditation 5:30-6:30pm</p> 	<p>Location Code</p> <p>Chandler Gilbert Scottsdale Glendale Mesa Arbor Mesa Dobson</p>	

**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.

November 2017

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:

MESA: Christmas Craft Class Nov 7 from 10-12 pm. The class is limited to 10. Call 480-314-6660 to RSVP with Melanie.

CHANDLER WARNER: Cancer & Caregiver Support Group & Dinner. Call 480-314-6660 to RSVP with Melanie. 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 & Warner in front of the WalMart. **

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 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

Walkers Needed ~ Join our Teams!

Undy 5000 Colon Cancer walk/run 11/4 Lymphoma & Leukemia Society Light the Night Walk 11/11

Lymphomathon Phoenix Zoo 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 Nov 7-Nov 28 *

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

Essential Oils Class | 6-7pm: **Scottsdale:** Nov 7

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