

FEBRUARY 2018 IRONWOOD SUPPORT SERVICES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3
			Art Class, Chandler 10am–12pm Tai Chi, Scottsdale 3–3:45pm Meditation, Chandler 5:30–6:30pm Meditation, Glendale 6–7pm	Chair Yoga, Glendale 1–2pm Chair Pilates, Scottsdale 2–3pm	Caregiver Group, Glendale 10am–12pm
5	6	7	8	9	10
Look Good Feel Better, Chandler 4–6pm** Brain Tumor Group, Chandler 6pm–8pm	Tai Chi, Chandler 4:30–5:15pm Drums Rhythm & Relaxation, Chandler 6–7pm Colon Cancer Support Group, Glendale 6–7:30pm	Chair Yoga, Chandler 10–11am Tai Chi, Glendale 1–2pm Breast Cancer Group, Chandler 6–7:30pm	Radiation Support Group, Chandler 10–11:30pm Tai Chi, Scottsdale <i>Canceled</i> Meditation, Chandler 5:30–6:30pm Meditation, Glendale 6–7pm Leukemia & Lymphoma Group, Scottsdale 6–8pm	Chair Yoga, Scottsdale 1–2pm	Caregiver Group, Scottsdale 10–12pm Breast Cancer Group, Scottsdale 10–12pm
12	13	14	15	16	17
Look Good Feel Better, Scottsdale 4–6pm** Prostate Support Group, Chandler 7–9pm	Walk in Desert Breeze Park, Chandler 9–10am Writing Workshop, Chandler 1–2:30pm Tai Chi, Chandler 4:30–5:15pm Learning to be Your Own Valentine, Chandler 5:30–7pm Essential Oils, Chandler 6–7:30pm Spirituality Group, Scottsdale 6–7:30pm	Chair Yoga, Chandler 10–11am General Cancer Group, Glendale 6:30–8:30pm	Art Class, Chandler 10am–12pm Tai Chi, Scottsdale 3–3:45pm Meditation, Chandler 5:30–6:30pm Meditation, Glendale 6–7pm Breast Cancer Group, Glendale 6–8pm	Chair Yoga, Glendale 1–2pm Chair Pilates, Scottsdale 2–3pm	Caregiver Group, Chandler 10–12pm
19	20	21	22	23	24
Make Your Own Jewelry, Scottsdale 10am–12pm ** Head & Neck Support Group, Chandler 3–4:30pm	Tai Chi, Chandler 4:30–5:15pm Drums Rhythm & Relaxation, Scottsdale 6–7pm	Chair Yoga, Chandler 10–11am Tai Chi, Glendale 1–2pm Spirituality Group, Chandler 5:30–7pm Essential Oils, Scottsdale 6–7:30pm	Tai Chi, Scottsdale 3–3:45pm Meditation, Chandler 5:30–6:30pm Meditation, Glendale 6–7pm	Chair Yoga, Scottsdale 1–2pm	
26	27	28			
Multiple Myeloma Group, Scottsdale 1–2:30pm Survivors Group, Chandler 6–7:30pm	Walk in Desert Breeze Park, Chandler 9–10am Tai Chi, Chandler 4:30–5:15pm Meditation Sound Bowl, Scottsdale 5–6pm	Chair Yoga, Chandler 10–11am Metastatic Cancer Support Group, Chandler 3–4:30pm General Cancer Group, Glendale 6:30–8:30pm Cancer & Caregiver Support Dinner, Chandler/Warner 6–8pm**			

TAKE PHOTO WITH IPHONE
OR SCAN FOR EVENT PAGE



LOCATION COLOR CODES
(SEE BACK FOR ADDRESSES)

- Chandler
- Gilbert
- Glendale
- Scottsdale
- Mesa Arbor
- Mesa Dobson

**Asterisk denotes class or service that requires RSVP.

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.

IRONWOOD FEBRUARY 2018

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: 1st Wednesday of the month 6-7:30pm

Scottsdale: 2nd Saturday of the month 10-12pm

Glendale: 3rd Thursday of the month 6:30-8:30pm

Caregiver Group

Glendale: 1st Saturday of the month 10-12pm

Scottsdale: 2nd Saturday of the month 10-12pm

Chandler: 3rd Saturday of the month 10-12pm

Colon Group

Glendale: 1st Tuesday of the month 6:30-8pm

Brain Tumor Group

Chandler: 1st Monday of the month 10-12pm

General Cancer Group

Glendale: 2nd & 4th Wednesday of the month 6:30-8:30pm

Head & Neck Cancer

Chandler: 3rd Monday of the month 3-4:30pm

Lymphoma & Leukemia Group

Scottsdale: 2nd Thursday of the month 6-8pm

Metastatic Cancer Group

Chandler: 4th Wednesday of the month 3-4:30pm

Multiple Myeloma Group

Scottsdale: 4th Monday of the month 1-2:30pm

Prostate Cancer Group

Chandler: 2nd Monday of the month 7-9pm

Radiation Group

Chandler II: 2nd Thursday of the month 10-11:30am

Spirituality Group

Scottsdale: 2nd Tuesday of the month 6-7:30pm

Chandler: 3rd Wednesday of the month 5:30-7pm

Survivors Group

Chandler: 4th Monday of the month 6-7:30pm

RSVP Required

Cancer & Caregiver Support Group & Dinner. Call 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.

Look Good Feel Better: Must RSVP directly with the American Cancer Society at 800-227-2345.

CHANDLER: Bra Fittings—Second Monday of each month—To schedule or set up home visit, call Barbara with Barbara's Mastectomy 602-234-9568.

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: Mon, Tue, Thur, & 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

February 13: Learning to be Your Own Valentine, Chandler, 5:30-7pm

February 13 & 27: Walk in the Park, 660 N. Desert Breeze Blvd., Chandler, 9am-10am

February 19: Jewelry Class, Scottsdale 10am-12pm Limited to ten participants. RSVP to Melanie at 480-314-6660.

February 25: Your Next Step is the Cure Walk, Run & BBQ, Peoria, 9am-12pm Contact cjohnson@ironwoodirc.com for info.

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