

JANUARY 2018 IRONWOOD SUPPORT SERVICES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day All Offices Closed	2 Tai Chi, Chandler Canceled Drums Rhythm & Relaxation, Chandler 6-7pm Colon Cancer Group, Glendale 6pm- 7:30pm	3 Chair Yoga, Chandler 10-11am Tai Chi, Glendale 1-2pm Breast Cancer Support Group, Chandler 6-7:30pm	4 Tai Chi, Scottsdale 3-3:45pm Meditation, Chandler 5:30-6:30pm Meditation, Glendale 6-7pm	5 Chair Yoga, Glendale 1-2pm Chair Pilates, Scottsdale 2-3pm	6 Caregiver Group, Glendale 10-12pm
8 Look Good and Feel Good, Gilbert 4pm-6pm** Prostate Support Group, Chandler 7-9pm	9 Writing Workshop, Chandler 1-2:30pm Tai Chi, Chandler 4:30-5:15pm Realistic Resolutions for Wellness, Chandler 5:30-7pm Essential Oils, Mesa/Arbor 6-7:30pm	10 Chair Yoga, Chandler 10-11am Cancer Support Group, Glendale 6:30-8:30pm	11 Radiation Support Group, Chandler 10-11:30pm Art Class, Glendale 10-12pm Tai Chi, Scottsdale 3-3:45pm Meditation, Chandler 5:30-6:30pm Meditation, Glendale 6-7pm Leukemia & Lymphoma Group, Scottsdale 6-8pm	12 Chair Yoga, Scottsdale 2-3pm	13 Caregiver Group, Scottsdale 10-12pm Breast Cancer Group, Scottsdale 10-12pm
15 Make your own Jewelry, Scottsdale 10am-12pm** Head and Neck Support Group, Chandler 3-4:30pm	16 Tai Chi, Chandler 4:30-5:15pm Drums Rhythm & Relaxation, Scottsdale 6-7pm Book Signing with Author Lana Gates, Chandler 6-7pm	17 Chair Yoga, Chandler 10-11am Tai Chi, Glendale 1-2pm Spirituality Group, Chandler 5:30-7pm	18 Tai Chi, Scottsdale 3-3:45pm Meditation, Chandler 5:30-6:30pm Meditation, Glendale 6-7pm Breast Cancer Group, Glendale 6-8pm	19 Chair Yoga, Glendale 1-2pm Chair Pilates, Scottsdale 2-3pm	20 Caregiver Group, Chandler 10-12pm
22 Multiple Myeloma Group, Scottsdale 1-2:30pm Survivors Group, Chandler 6-7:30pm	23 Tai Chi, Chandler 4:30-5:15pm Meditation Sound Bowl 5-6pm Essential Oils, Glendale 6-7:30pm	24 Chair Yoga, Chandler 10-11am Metastatic Cancer Support Group, Chandler 3-4:30pm Cancer Support Group, Glendale 6:30-8:30pm	25 Art Class, Glendale 10-12pm Tai Chi, Scottsdale 3-4pm Meditation, Chandler 5:30-6:30pm Meditation, Glendale 6-7pm	26 Chair Yoga, Scottsdale 2-3pm	27
29	30 Tai Chi, Chandler 4:30-5:15pm	31 Chair Yoga, Chandler 10-11am 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 JANUARY 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

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. Next Dinner is Jan 31.

Look Good Feel Better: Jan 8, 4-6pm in Gilbert. 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.

Make your own Jewelry Class Chandler, Jan 15 10am-12pm. Class is free but is limited to 10 attendees. Call 480-314-6660 to RSVP.

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

- Realistic Resolutions for Wellness, Chandler, Jan 9 at 5:30-7pm
- Book Signing with Author Lana Gates, Chandler, Feb 16 at 6-7pm
- Learning to be your own Valentine, Chandler, Feb 13 at 5:30-7pm

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