

# JULY 2018 IRONWOOD SUPPORT SERVICES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 <b>Brain Tumor Group,</b> Chandler 6:30pm-8pm	3 <b>Tai Chi, Chandler 4:30-5:15pm</b> <b>Colon Cancer Support Group,</b> Scottsdale 6-7:30pm	4 <b>Offices Closed for</b> <b>Independence Day</b> <b>No classes or groups.</b> <b>Happy 4<sup>th</sup> of July!</b>	5 <b>Tai Chi, Scottsdale 3-3:45pm</b> <b>Meditation, Chandler</b> 5:30-6:30pm	6 <b>Chair Yoga,</b> <b>Glendale 1-2pm</b> <b>Chair Pilates,</b> Scottsdale 1-2pm	7 SCAN FOR EVENT PAGE 
9 <b>Jewelry Class,</b> Scottsdale 10-11:30am <b>Look Good Feel Better</b> Gilbert 4-6pm** <b>Prostate Support Group,</b> Chandler 7-9pm	10 <b>Tai Chi, Chandler 4:30-5:15pm</b>	11 <b>Chair Yoga, Chandler 10-11am</b> <b>General Cancer Group,</b> Glendale 6:30-8:30pm <b>Essential Oils, Gilbert 6-7:30pm</b>	12 <b>Tai Chi, Scottsdale 3-3:45pm</b> <b>Meditation, Chandler</b> 5:30-6:30pm <b>Writing Through Cancer,</b> Chandler 6-7:30pm	13 <b>Chair Yoga,</b> Scottsdale 1-2pm	14 <b>Caregiver Group,</b> Scottsdale 10-12pm <b>Breast Cancer Group,</b> Scottsdale 10-12pm
16 <b>Head &amp; Neck Support Group,</b> Chandler 3-4:30pm <b>Look Good Feel Better</b> Mesa/Arbor 4-6pm**	17 <b>Tai Chi, Chandler 4:30-5:15pm</b> <b>Drums Rhythm &amp; Relaxation,</b> Scottsdale 6-7pm	18 <b>Chair Yoga, Chandler 10-11am</b> <b>Tai Chi, Glendale 1-2pm</b> <b>Spirituality Group,</b> Chandler 5:30-7pm	19 <b>Tai Chi, Scottsdale 3-3:45pm</b> <b>Meditation, Chandler 5:30-6:30pm</b>	20 <b>Chair Yoga,</b> <b>Glendale 1-2pm</b> <b>Chair Pilates,</b> Scottsdale 1-2pm	21 <b>Caregiver Group,</b> Chandler 10-12pm
23 <b>Survivors Group,</b> Chandler 6-7:30pm	24 <b>Tai Chi, Chandler 4:30-5:15pm</b> <b>Essential Oils, Scottsdale</b> 6:30-7:30pm	25 <b>Metastatic Cancer Support Group,</b> Chandler 3-4:30pm <b>Chair Yoga, Chandler 10-11am</b> <b>Cancer &amp; Caregiver Support Dinner,</b> 700 W. Warner Rd., 6-8pm <b>General Cancer Group, Glendale 6:30-8:30pm</b>	26 <b>Tai Chi, Scottsdale 3-3:45pm</b> <b>Meditation, Chandler</b> 5:30-6:30pm	27 <b>Chair Yoga,</b> Scottsdale 1-2pm	28
30	31 <b>Tai Chi, Chandler 4:30-5:15pm</b>	LOCATION COLOR CODES (SEE BACK FOR ADDRESSES) <b>Chandler</b> <b>Gilbert</b> <b>Glendale</b> <b>Scottsdale</b> <b>Mesa Arbor</b>	**Asterisk denotes class or service that requires you to RSVP by calling 480-314-6660. 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 JULY 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:** 1<sup>st</sup> Wednesday of the month 6-7:30pm

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

### Caregiver Group

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

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

### Cancer & Caregiver Support Dinner with Cornerstone Church

700 W. Warner Rd., 6-8pm

### Colon Group

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

### Brain Tumor Group

**Chandler:** 1<sup>st</sup> Monday of the month 6:30-8pm

### General Cancer Group

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

### Head & Neck Cancer

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

### Metastatic Cancer Group

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

### Prostate Cancer Group

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

### 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

## RSVP Required

**CLIMB®:** This is an educational support group where parents learn and share healthy ways to support their children with coping with a cancer diagnosis in the family. Limited space is available. Pre-Screening and Pre-Registration are required. If interested in participating in future CLIMB® programs please contact Kelly at 480-340-4013.

**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 at 602-234-9568.

**SCOTTSDALE:** Make your Own Jewelry Class: No cost 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:** Mon, Tue, & Wed 10am-2pm

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

**Gilbert:** Tue, Wed, & Thu 10am-2pm

**Mesa (Arbor):** Mon, Tue, & Thu 10am-2pm

Thu 12-2pm

## Free Wig Styling:

**Chandler:** Second Thursday of the month 10am-12pm. Contact Sandy at 602-561-1532.

**Gilbert:** Please call Niki to schedule an appointment at 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

**Oct 4:** Dr. Hernandez Book Reading from 12-2pm. 700 W. Warner Rd. in Chandler. Must call to 480-314-6660 to RSVP.

**Oct 13:** Cancer Survivors Celebration Breakfast in Scottsdale from 8am-11am.

<b>Chandler</b>	<b>Gilbert</b>	<b>Glendale</b>	<b>Mesa (Arbor)</b>	<b>Scottsdale</b>
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	8880 E Desert Cove Ave Scottsdale, AZ 85260