

JULY 2018 IRONWOOD SUPPORT SERVICES CALENDAR

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

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

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

Caregiver Group

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

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

Cancer & Caregiver Support Dinner with Cornerstone Church

700 W. Warner Rd., 6-8pm

Colon Group

Scottsdale: 1st Tuesday of the month 6-7:30pm

Brain Tumor Group

Chandler: 1st Monday of the month 6:30-8pm

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

Metastatic Cancer Group

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

Prostate Cancer Group

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

Spirituality Group

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

Survivors Group

Chandler: 4th 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.

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