

JANUARY 2019 IRONWOOD SUPPORT SERVICES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>LOCATION COLOR CODES SEE BACK FOR ADDRESSES</p> <p>Chandler Chandler Business Office Gilbert Glendale Scottsdale Mesa Arbor Sun City</p>	<p>1</p> <p>Canceled - Tai Chi, Canceled - Colorectal Support Group</p> <p>NO CLASSES—NEW YEAR'S DAY</p>	<p>2</p> <p>Chair Yoga, Chandler 10-11am Canceled - Breast Group</p>	<p>3</p> <p>Canceled—Art for Body, Mind, & Spirit, Chandler Tai Chi, Scottsdale 3-3:45pm Heartfulness Meditation, Chandler 5:30-6:30pm</p>	<p>4</p> <p>Chair Yoga, Glendale 1-2pm Chair Pilates, Scottsdale 1-2pm</p>	<p>5</p> <p>Scan for Online Calendar!</p> 
7	<p>8</p> <p>Tai Chi, Chandler 4:30-5:15pm Drums Rhythm & Relaxation, Chandler 6-7 <i>**Can Integrative Oncology Help Me?</i> Presented by Dr. Rula, Scottsdale 6-7pm</p>	<p>9</p> <p>Chair Yoga, Chandler 10-11am Essential Oils, Gilbert 6-7pm General Cancer Group, Glendale 6:30-8:30pm Tai Chi, Glendale 1-2pm</p>	<p>10</p> <p>Art for Body, Mind, & Spirit, Chandler 10am-12pm Tai Chi, Scottsdale 3-3:45pm Heartfulness Meditation, Chandler 5:30-6:30pm</p>	<p>11</p> <p>Chair Yoga, Scottsdale 1-2pm</p>	<p>12</p> <p>Breast Group, Scottsdale 10am-12pm</p>
<p>14</p> <p>Prostate Support Group, 700 W. Warner Rd., Chandler 7-9pm</p>	<p>15</p> <p>Tai Chi, Chandler 4:30-5:15pm Drums Rhythm & Relaxation, Scottsdale 6-7pm</p>	<p>16</p> <p>Chair Yoga, Chandler 10-11am Spirituality Group, Chandler 5:30-7pm</p>	<p>17</p> <p>Art for Body, Mind, & Spirit, Chandler 10am-12pm Tai Chi, Scottsdale 3-3:45pm Heartfulness Meditation, Chandler 5:30-6:30pm</p>	<p>18</p> <p>Sun City General Cancer Group, 10am-12pm Chair Yoga, Glendale 1-2pm Chair Pilates, Scottsdale 1-2pm <i>**Five Stages of Prostate Cancer</i>, 700 W. Warner Rd., 7-9pm</p>	<p>19</p> <p>Caregiver Group, Chandler 10am-12pm</p>
<p>21</p> <p>Head & Neck Support Group, Chandler 3-4:30pm</p>	<p>22</p> <p>Tai Chi, Chandler 4:30-5:15pm Meditation with Sound Bowl Healing, Scottsdale 6-7pm</p>	<p>23</p> <p>Chair Yoga, Chandler 10-11am Metastatic Cancer Group, Chandler 3-4:30pm Tai Chi, Glendale 1-2pm</p>	<p>24</p> <p>Tai Chi, Scottsdale 3-3:45pm Heartfulness Meditation, Chandler 5:30-6:30pm Writing Through Cancer, Chandler 6-7:30pm</p>	<p>25</p> <p>Chair Yoga, Scottsdale 1-2pm</p>	<p>26</p>
<p>28</p> <p>General Cancer Group, Scottsdale 1-2:30pm Survivors Group, Chandler 6-7:30</p>	<p>29</p> <p>Tai Chi, Chandler 4:30-5:15pm</p>	<p>30</p> <p>Chair Yoga, Chandler 10-11am Cancer & Caregiver Support Group Dinner - 700 W. Warner Rd., Chandler 6-8pm</p>	<p>31</p> <p>Tai Chi, Scottsdale 3-3:45pm Heartfulness Meditation, Chandler 5:30-6:30pm</p>	<p><i>**Asterisk denotes class or service that requires you to RSVP by calling 480-314-6660. Not all services are provided by ICRC employees & may be provided by community agencies & professionals. Participation is at your own risk. ICRC assumes no liability for services provided.</i></p>	

January 2019 Events at Ironwood

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

Physical Therapy: Contact Karen Bustillo at Bustillo Physical Therapy 480-892-0808

Massage: Contact Jennelle Vanderstouw at Sunstone Massage & Body Work
480-283-5243

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

Physical Therapy: Contact Karen Bustillo at Bustillo Physical Therapy

Facials: (\$25) Contact Ann Sherman at Mindful Skin Spa 480-390-2264

480-892-0808

SUPPORT GROUPS

Breast Cancer Groups

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

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

Caregiver Group

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

Cancer & Caregiver Support Dinner with Cornerstone Church
700 W. Warner Rd., Last Wednesday of Month, 6-8pm

Colorectal Cancer Support Group

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

General Cancer Group

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

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

Sun City: 3rd Friday of the month 10am-12pm

Head & Neck Cancer Group

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

Metastatic Cancer Group

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

Prostate Cancer Group

700 W. Warner Rd., 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:

Can Integrative Oncology Help Me? Tuesday January 8th Meet our new Integrative MD Dr. Rula and learn about Integrative Medicine
RSVP with Integrative Services: (480)-314-6600 **Scottsdale: 6-7pm**

Bra Fittings: Available the 2nd Monday of each month in Chandler —

To schedule or set-up home visit, contact Barbara with Barbara's Mastectomy at 602-234-9568.

Coming February '19... 'Survivorship: Navigating the New Normal' - This is a four-week class that will meet every Tuesday in February from 6-7:30pm at our Chandler office and facilitated by Dr. Rula & our Integrative Services Team. **We kindly request a commitment to attend all four classes and RSVP to Integrative Services at (480)- 314-6660.**

Beautiful Beginnings— Coming Soon! Ironwood is happy to share their new make-up, skincare, and beauty class for patients wanting to learn how to keep their skin looking and feeling its best! - The class is held the 4th Monday of the month from 5-7pm. Check our calendar monthly for the location. **Must RSVP to Ann Sherman at 480-390-2264 to attend the class.**

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, & Thu 10am-2pm

Scottsdale: Mon- Fri 10am-2pm

Gilbert: Tue 10am-2pm

Mesa (Arbor): Mon-Thurs 10am-2pm

Free Wig Styling:

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 - Call 480-314-6660 to RSVP

Jan 8: Can Integrative Oncology Help Me?, Scottsdale 6-7pm

Jan 9: Essential Oils, Gilbert 6-7pm

Jan 18: Five stages of prostate cancer, 700 W. Warner Rd., 7-9pm

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

Scottsdale

8880 E Desert Cove Ave
Scottsdale, AZ 85260

Sun City

14810 N. Del Webb Blvd. #3
Sun City, AZ 85351