

MARCH 2019 IRONWOOD SUPPORT SERVICES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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LOCATION COLOR CODES
SEE BACK FOR ADDRESSES

Chandler
Chandler Business Office
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 & may be provided by community agencies & professionals.
Participation is at your own risk.
ICRC assumes no liability for services provided.

1
Chair Yoga, 1-2pm
Chair Pilates, 1-2pm

2
Scan for Online Calendar!


4 Writing Through Cancer, 4 -5:30pm	5 Drums Rhythm & Relaxation, 6 -7pm Colorectal Cancer Group, 6-7:30pm Tai Chi, 4:30-5:15pm	6 Chair Yoga, 10-11am Tai Chi, 1-2pm Breast Cancer Group, 6-7:30pm	7 Art for Body, Mind, & Spirit, 10am-12pm Tai Chi, 3-3:45pm Heartfulness Meditation, 5:30-6:30pm	8 Chair Yoga, 1-2pm	9 Breast Group, 10am-12pm
11 Prostate Support Group 700 W. Warner Rd., Chandler 7-9pm	12 Tai Chi, 4:30-5:15pm Essential Oils 6-7 pm	13 Chair Yoga, 10-11am **Dr. Rula: Can Integrative Oncology help me? 6-7:30pm General Cancer Group, 6:30-8:30pm	14 Tai Chi, 3-3:45pm Heartfulness Meditation, 5:30-6:30pm - Canceled	15 Sun City General Cancer Group, 10am-12pm Chair Yoga, 1-2pm Chair Pilates, 1-2pm	16 Caregiver Group, 10am-12pm
18 Head & Neck Support Group, 3 - 4:30pm	19 Tai Chi, 4:30-5:15pm Drums Rhythm & Relaxation, 6-7pm	20 Chair Yoga, 10-11am Tai Chi, 1-2pm Spirituality Group, 5:30-7pm Native American Flute Class 6-7pm	21 Tai Chi, 3-3:45pm Heartfulness Meditation, 5:30-6:30pm	22 Chair Yoga, 1-2pm	23 2019 Cancer Survivors Breakfast, 8-11 am
25 General Cancer Group, 1-2:30pm **Beautiful Beginnings, 5-7pm Survivors' Group, 6-7:30pm	26 **Spring Card Making Class, 10 am-12pm Tai Chi, 4:30-5:15pm Sound Bowl Meditation 6-7pm	27 Chair Yoga, 10-11am Metastatic Cancer Group, 3-4:30pm Cancer & Caregiver Support Group Dinner - 700 W. Warner Rd., Chandler 6-8pm	28 Tai Chi, 3-3:45pm Heartfulness Meditation, 5:30-6:30pm	29	30

March 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

RSVP Required:

'Can Integrative Oncology help me? Presented by Dr. Heidi Rula - Dr. Rula's passion for integrative oncology was inspired by her experience of caring for her mother who had cancer. It was this experience that motivated her to train in integrative medicine to better support patients during cancer treatment and help them to go on to live healthy and vital lives. **March 13th, 6-7:30 pm in Chandler—RSVP to Integrative Services at (480)- 314-6660.**

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.

Beautiful Beginnings— 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. **March 25th, 5-7 pm in Gilbert— 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. Ph: 516-816-6452 Email: Niki@Xtendyourself.com

SPECIAL EVENTS - Call 480-314-6660 to RSVP

Mar 12: Essential Oils, Mesa 6-7pm

Mar 13: *Can Integrative Oncology help me?* – Presented by Dr. Rula, Chandler 6-7:30 pm

Mar 20: Native American Flute Class, Scottsdale 6-7pm

Mar 23: Cancer Survivors Breakfast, Gilbert 8-11am

Mar 25: *Beautiful Beginnings*, Gilbert 5-7pm

Mar 26: Spring Card making class– Chandler 10 am - 12 pm

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

Chandler	Gilbert	Glendale	Mesa (Arbor)	Scottsdale	Sun City
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	14810 N. Del Webb Blvd. #3 Sun City, AZ 85351