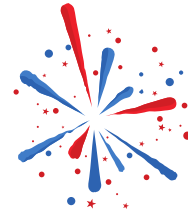




Ironwood Cancer  
& Research Centers

Outsmarting Cancer One Patient at a Time®



Ironwood Cancer & Research Centers offers complimentary Supportive Care Services classes and support groups, available to everyone in the community.

## Podcast

Ironwood Cancer Insights

Sarcoma Cancer Awareness  
Month



Be sure to subscribe to be notified  
when new episodes drop!

## Wellness Classes

**Breast Cancer Survivorship Series Online**

Wednesdays, 12-1pm

7/3: Exercise with Jackie

7/10: Physical Therapy with Jackie

7/17: Breast Imaging with Dr. Anderson

7/24: Environmental Toxins with Dr. Rula

7/31: Imagining the New You with Nicole

**Breathing Class with Kreston Woods at Chandler**

2nd Tuesday, 10-11am

July 9

**Sound Bath Therapy at Chandler**

4-5:30pm

4th Thursday, July 25 *Special Date*

## Fitness Classes

**Tai Chi Online**

Thursdays, 10-10:45am

July 11, 18 No class on July 4

**Tai Chi at Chandler**

4th Thursday, 10-10:45am

July 25

**Chair Yoga Online**

2nd & 4th Wednesday, 10-11am

July 10 & 24

**Yoga Nidra with Jodi at Glendale**

2nd Wednesday, 3-4pm

July 10

**Yoga with Ana Rinderer at Chandler**

3rd Wednesday, 3:30-4:30pm

July 17

**Yoga with Ann Ford at Chandler**

4th Friday, 2-3pm

July 26

## Support Groups

**East Valley Breast Cancer  
Support Group at Chandler**

*No class on July 3*

**Prostate Support Group Special Event  
Online & at Chandler**

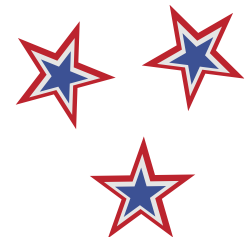
Guest speaker Nurse Educator Julie Montelongo:  
*Understanding the Prostate and Your Initial Diagnosis*  
2nd Monday, 6:30-9pm, July 8

**Online Breast Cancer Support Group**

2nd Saturday, 10am-12pm, July 13

**Head & Neck Support Group Online**

3rd Thursday, 1-2:30pm, July 18



Hybrid or office events provided at these locations:

685 S. Dobson Rd, Chandler, AZ 85224

5810 W Beverly Ln, Glendale, AZ 85306

8880 E Desert Cove Ave, Scottsdale, AZ 85260

To reserve your spot or for questions call 480-314-6660

or e-mail [wellness@ironwoodcrc.com](mailto:wellness@ironwoodcrc.com) for online class access information.

Be sure to follow Ironwood Cancer & Research Centers on social media and sign up for our newsletter for updates on our wellness classes and support groups. Events are subject to cancellation or change.

Participation is at your own risk. ICRC assumes no liability for services provided.



To view our current  
events online, scan the  
code with your phone's  
camera or visit  
[ironwoodcrc.com](http://ironwoodcrc.com).

