



November



**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



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

Fitness Classes

Tai Chi (Online)

1st, 2nd, 3rd & 5th Thursday, 10-10:45am
Nov 7, 14 & 21

Chair Yoga (Online)

2nd & 4th Wednesday, 10-11am, Nov 13, Nov 27

Yoga with Ana Rinderer (At Chandler)

3rd Wednesday, 3:30-4:30pm, Nov 20

Tai Chi (At Chandler)

4th Thursday, 10-10:45am, **NO CLASS- Nov 28**

Yoga with Ann Ford (At Chandler)

4th Friday, 3-4pm, Nov 15 *New Time *

Wellness Classes

Mindful Eating for Mindful Living (At Chandler & Online)

Tuesdays, 3:30-4:30pm, Nov 5, 12, 19 & 26

Breast Cancer Survivorship Series (Online)

Wednesday, 6-7pm, Nov 6, 13, 20

Chemo Chat (Online)

1st Thursday, 12-12:30pm, Nov 7

Breath Work with Kreston Woods (At Chandler)

2nd Tuesday, 10-11am, Nov 12

Sound Bath (At Chandler)

2nd Thursday, 4-5:30pm, Nov 14

Reiki Healing Session (Online)

3rd Friday, 10-10:30am, Nov 15 *New Time*

Support Groups

East Valley Breast Cancer Support Group (At Chandler)

1st Wednesday, 6-8pm, Nov 6

Breast Cancer Support Group (Online)

2nd Saturday, 10am-12pm, Nov 9

Prostate Support Group (Online & At Chandler)

2nd Monday, 6-8pm, Nov 11

Head & Neck Support Group (Online)

3rd Thursday, 1-2:30pm, Nov 21

Young Adult Cancer Support Group (Online)

3rd Monday from 5:30-7 PM, Nov 18

Survivors' Day Celebrations

Free Pancake Breakfast, Children's Crafts, Face Painting, Healthy Eating Information, Community Vendors, Free Head & Neck Screening

Everyone in the community is welcome!

**8-11am, Saturday, Nov 2 – Glendale Office
5810 W Beverly Lane, Glendale 85306**



To reserve your spot or for questions call 480-314-6660
or e-mail wellness@ironwoodcrc.com for online class access information.

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



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.

