



# December



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

## Fitness Classes

### Tai Chi (Online)

1st, 2nd & 3rd Thursday, 10-10:45am  
Dec 5, 12, & 19

### Chair Yoga (Online)

2nd & 4th Wednesday, 10-11am, Dec 11, No Class Dec 25

### Tai Chi (Online)

4th Thursday, 10-10:45am, Dec 26

### Yoga with Ann Ford (At Chandler)

4th Friday, 3-4pm, \*New Date\* Dec 20

## Wellness Classes

### Breast Cancer Survivorship Series (Online)

Wednesday, 6-7pm, Dec 4, 11 & 18

### Chemo Chat (Online)

1st Thursday, 12-12:30pm, Dec 5

### Breath Work with Kreston Woods (At Chandler)

2nd Tuesday, 10-11am, Dec 10

### Sound Bath (At Chandler)

2nd Thursday, 4-5:30pm, Dec 12

### Reiki Healing Session (Online)

3rd Friday, 10-10:30am, Dec 20

## Support Groups

### East Valley Breast Cancer Support Group (At Chandler)

1st Wednesday, 6-8pm, Dec 4

### Breast Cancer Support Group (Online)

2nd Saturday, 10am-12pm, Dec 14

### Prostate Support Group (Online & At Chandler)

2nd Monday, 6-8pm, Dec 9

### Young Adult Cancer Support Group (Online)

3rd Monday from 5:30-7 PM, Dec 16

## Podcast

Ironwood Cancer Insights



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



Our offices will close at 1 p.m. on Christmas Eve, December 24th, and will remain closed on Christmas Day, December 25th.

Wishing you a season filled with joy, peace, and cherished moments with loved ones!

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.



### 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 cancelation 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).

