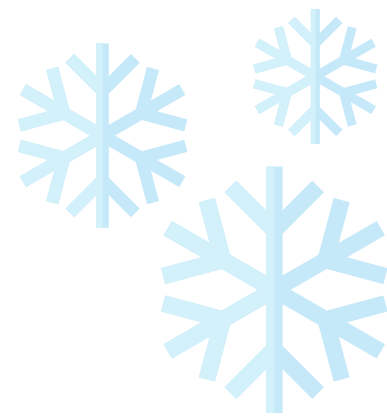


January



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
Jan 2, 9 & 23

Chair Yoga (Online)
2nd & 4th Wednesday, 10-11am, Jan 8 & 22

Tai Chi (At Chandler)
4th Thursday, 10-10:45am, Jan 23

Yoga with Ann Ford (At Chandler)
4th Friday, 3-4pm, Jan 24

Wellness Classes

Chemo Chat (Online)
1st Thursday, 12-12:30pm, Jan 2

Breath Work with Kreston Woods (At Chandler)
2nd Tuesday, 10-11am, Jan 7

Sound Bath (At Chandler)
2nd Thursday, 4-5:30pm, Jan 9

Reiki Healing Session (Online)
3rd Friday, 10-10:30am, Jan 17

Support Groups

East Valley Breast Cancer Support Group (At Chandler)
1st Wednesday, 6-8pm, *New Date* Jan 8

Breast Cancer Support Group (Online)
2nd Saturday, 10am-12pm, Jan 11

Prostate Support Group (Online & At Chandler)
2nd Monday, 6-8pm, Jan 13

Young Adult Cancer Support Group (Online)
3rd Monday from 5:30-7 PM, Jan 20

Podcast

Ironwood Cancer Insights



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



Our offices will close at 1 p.m. on New Years Eve, December 31st, and will remain closed on New Years Day, January 1st.

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 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.

