



# February



**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.**

## Fitness Classes

### **Tai Chi (Online)**

1st, 2nd, & 3rd Thursday, 10-10:45am  
February 6, 13, & 20

### **Chair Yoga (Online)**

2nd & 4th Wednesday, 10-11am, Feb 12 & 26

### **Tai Chi (At Chandler)**

4th Thursday, 10-10:45am, Feb 27

## Wellness Classes

### **Chemo Chat (Online)**

1st Thursday, 12-12:30pm, Feb 6

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

2nd Tuesday, 10-11am, Feb 11

### **Sound Bath (At Chandler)**

2nd Thursday, 4-5:30pm, Feb 13

### **Reiki Healing Session (Online)**

3rd Friday, 10-10:30am, Feb 21

## Support Groups

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

1st Wednesday, 6-8pm, Feb 5

### **Breast Cancer Support Group (Online)**

2nd Saturday, 10am-12pm, Feb 8

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

2nd Monday, 6-8pm, Feb 10

### **Young Adult Cancer Support Group (Online)**

3rd Monday from 5:30-7 PM, Feb 17

## Breast Cancer Survivorship Series

### **Introduction to Survivorship with Dr. Heidi Rula, MD (Online)**

1st Wednesday, 12-1pm, Feb 5

### **Natural Approaches to Managing Common Symptoms with Dr. Heidi Rula, MD (Online)**

2nd Wednesday, 12-1pm, Feb 12

### **Environmental Toxins & Their Role in Breast Health with Dr. Heidi Rula, MD (Online)**

3rd Wednesday, 12-1pm, Feb 19

### **Physical Therapy Approaches to Breast Surgery Rehabilitation with Jackie Eadie, PT, DPT, CL (Online)**

4th Wednesday, 12-1pm, Feb 26

## Returning in March

### **Healing Art of Painting with Artist Dave Wilhelmsen (At Chandler) starting March 18th, 2025**

Class will occur every 3rd Tuesday of each month, from 10:00 a.m. to 11:00 a.m.

### **Mindful Eating Workshop Series (Online) starting March 25th, 2025**

Class will occur every Tuesday from March 25th - May 13th, from 3:00 p.m. to 4:00 p.m.

Email [wellness@ironwoodcrc.com](mailto:wellness@ironwoodcrc.com) to register

Registration ends Tuesday, March 11th

**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.**

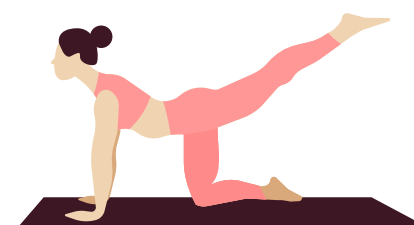


### **Hybrid or office events provided at these locations:**

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).**

