

March



**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
March 6, 13, & 20

Chair Yoga (Online)

2nd & 3rd Wednesday, 10-11am, March 12 & 19

Tai Chi (At Chandler)

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

Wellness Classes

Breath Work with Kreston Woods (At Chandler)

2nd Tuesday, 10-11am, March 11

Sound Bath (At Chandler)

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

Reiki Healing Session (Online)

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

Support Groups

East Valley Breast Cancer Support Group (At Chandler)

1st Wednesday, 6-8pm, March 5

Breast Cancer Support Group (Online)

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

Prostate Support Group (Online & At Chandler)

2nd Monday, 6-8pm, March 10

Young Adult Cancer Support Group (Online)

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

Breast Cancer Survivorship Series

Coping With The Fear of Recurrence

with Jodi Puhalla, BSW (Online)

1st Wednesday, 12-1pm, March 5

Breast Imaging Surveillance for Breast Cancer Survivors

with Dr. Brandon Anderson, MD (Online)

2nd Wednesday, 12-1pm, March 12

Imagining the New You

with Nicole McCallister, LMSW (Online)

3rd Wednesday, 12-1pm, March 19

Restoring Sexual Health after a Cancer Diagnosis

with Dr. Heidi Rula, MD (Online)

4th Wednesday, 12-1pm, March 26

Stay Informed Stay Supported

You can now sign up to receive SMS alerts from our Supportive Care Services Department.

Learn about classes, support groups and events!

Scan the QR code to receive our monthly calendar and updates via text or email about upcoming support groups, wellness classes, and special events



New This Month

Healing Art of Painting with Artist Dave Wilhelmsen (At Chandler)

starting March 18th, 2025

3rd Tuesday, 10 - 11 a.m., March 18

Mindful Eating Workshop Series (Online)

starting March 25th, 2025

Every Tuesday from March 25th - May 13th, from 3:00 p.m. to 4:00 p.m.

Email wellness@ironwoodcrc.com to register now as spots are limited

Registration ends Tuesday, March 18th

Coming Next Month

Yoga with Christy Shaft, PT (Scottsdale)

starting April 18th, 2025

Every 2nd and 4th Tuesday of the month
10:00 a.m. - 10:45 a.m.

Time to Thrive Sound Healing (Scottsdale)

Starting April 2nd, 2025

Every 1st Wednesday of the month
2:00 p.m. - 3:30 p.m.

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

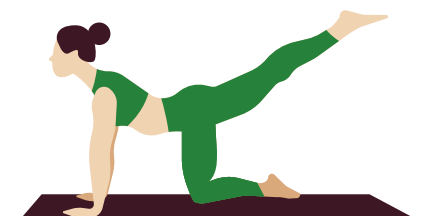


Hybrid or office events provided at these locations:

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.

