

Impact Report

Organization: Be Well Therapy (#14260139)
Request: Be Well Yoga for Cancer Recovery (#60000393)
Impact Report Type: Fallbrook
Disposition: Completed
Completed by: Organization on 10/14/2020 by Mary Baker
Required?: Yes
Available Date: 10/01/2020
Due Date: 10/14/2020
Comments:
Revision Comments:
GrantSeeker Editor: Mary Baker
Project Title: Be Well Yoga for Cancer Recovery
Project Start Date:
Project End Date:
This is an ongoing program that began on: 07/01/2020
Person Submitting the impact report?: Lisa Scolman
760.420.2021
lisa@bewelltherapy.net
Ages Served: Adults (18-60): 40%
Seniors (60+): 60%
Gender: Female: 99%
Male: 1%
Select the income limit category of your target population: We do not collect this data
How many residents directly benefited (participant/client) from this program: 20
Approximately how many residents received an indirect benefit: 5
The following category was identified as the best descriptive of the program's primary goal and objectives: Ancillary: Services that support our mission to promote health for the people of the District.
You defined the measure of success of the program's interventions or services during the application process.:
Define goal #1 for this program : To continue to grow attendance at our existing three weekly classes in the FRHD Region in our effort to have a greater and lasting impact on the lives of the many individuals living with cancer in the area as well as their support network and caregivers
Number of Objectives for this program: 3
Objective 1: To grow our existing three weekly classes from current average total attendance of 25 students per week to an average of 60 students per week.
Objective 2: To grow our 2021 program participants to our projection of 200 total public and private students.
Objective 3: To utilize the Be Well Ambassador Program to raise awareness of the Be Well FHRD partnership by engaging in monthly site visits to local service organizations, medical facilities, support groups, etc. Program will also include monthly distribution of print materials (postcards and brochures) in both English and Spanish throughout the region.
Objective 4:

Measuring Success for Goal #1: Q1 REPORTING:

Objective 1/2/3: Attendance taken at the two weekly Be Well Yoga for Cancer Recovery zoom classes for most of this quarter show consistent attendance of 5+ Fallbrook and Bonsall residents, despite on-going Pandemic.

Though in person outreach at events, medical facilities, support groups and service organizations, postcards and fliers in both English and Spanish were deleted around the community.

Define goal #2 for this program if applicable.:

To extend Be Well Yoga and mindfulness classes to FRHD's male cancer survivor population with the addition of one weekly Men with Cancer Be Well class.

Number of Objectives for Goal #2 of this program:

3

Objective 1 for Goal #2: Train and certify two male teachers in Be Well's Yoga for Cancer program by October 5, 2020

Objective 2 for Goal #2: Establish one class per week focused on providing Be Well Yoga for cancer recovery for men by November 2020.

Objective 3 for Goal #2: Achieve a minimum class attendance of ten male students per week by March 2021

Objective 4 for Goal #2:

Measuring Success for Goal #2: Q1 REPORTING:

Objective 1: In July, Be Well trained and certified yoga teacher, David Phears, the second BeWell male yoga instructor for the program. He was brought early to help grow the program.

Objective 2: David Phears teaches Broga, a weekly class on Sundays via Zoom to 3+ participants.

Objective 3: BE Well printed and distributed postcards, started a large social media campaign to feature new class with great social engagement.

Participant Success Story: FRHD Grant Survey Analysis.pdf

Please list how the Fallbrook Regional Health District's investment in this program was acknowledged during this reporting time frame. : FRHD Acknowledgement_Q1.pdf

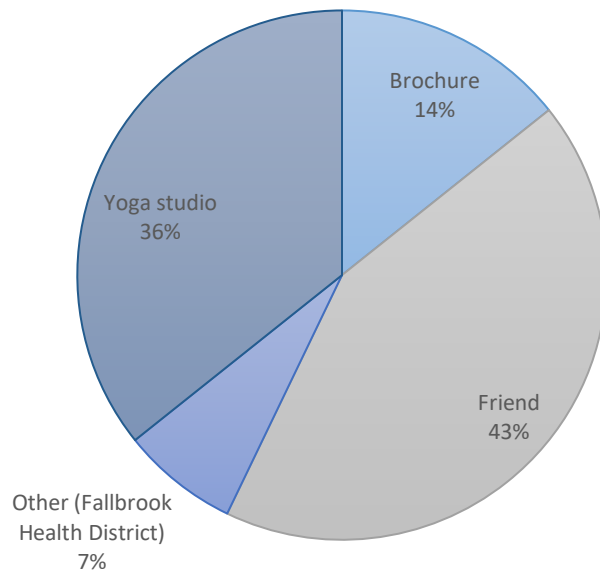
Actual Program Budget File: 2020_2021_FRHD_CHC_Program_Budget_Form_v01.xlsx

Overview

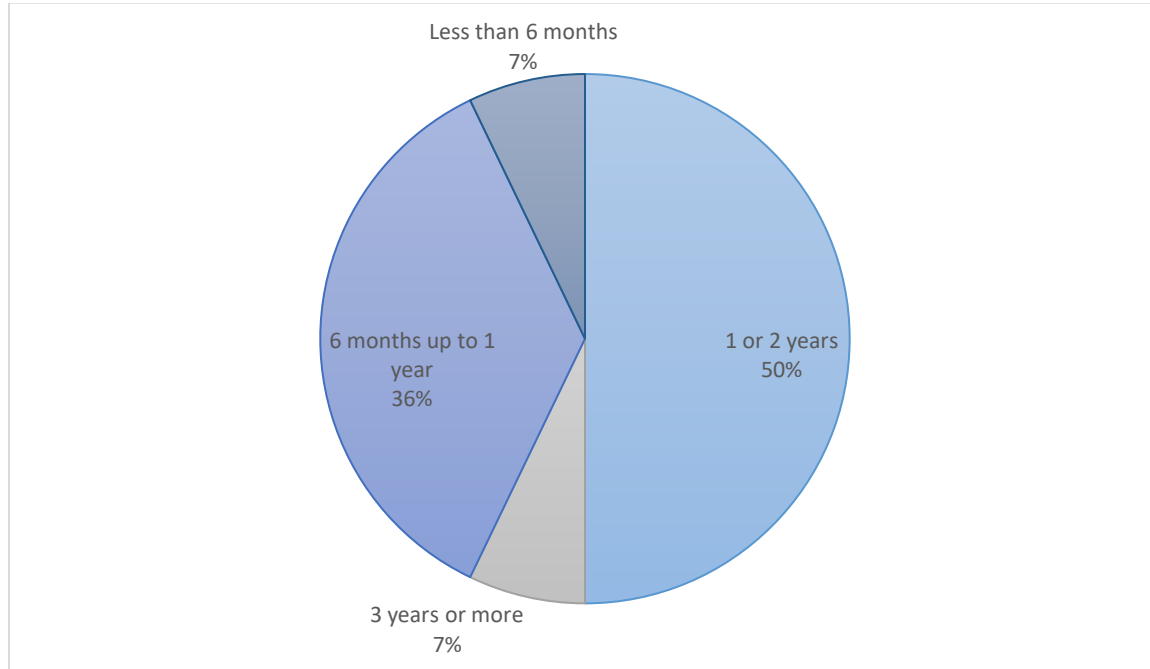
- Survey invitation was sent via email using anonymous survey link in September 2020 (*I do not know the total number of invitations sent which I would normally include here*)
- Responses total = 14 (*I would normally include the response rate here, you can calculate it by dividing 14 by the number of total invitations*)

Results (n=14)

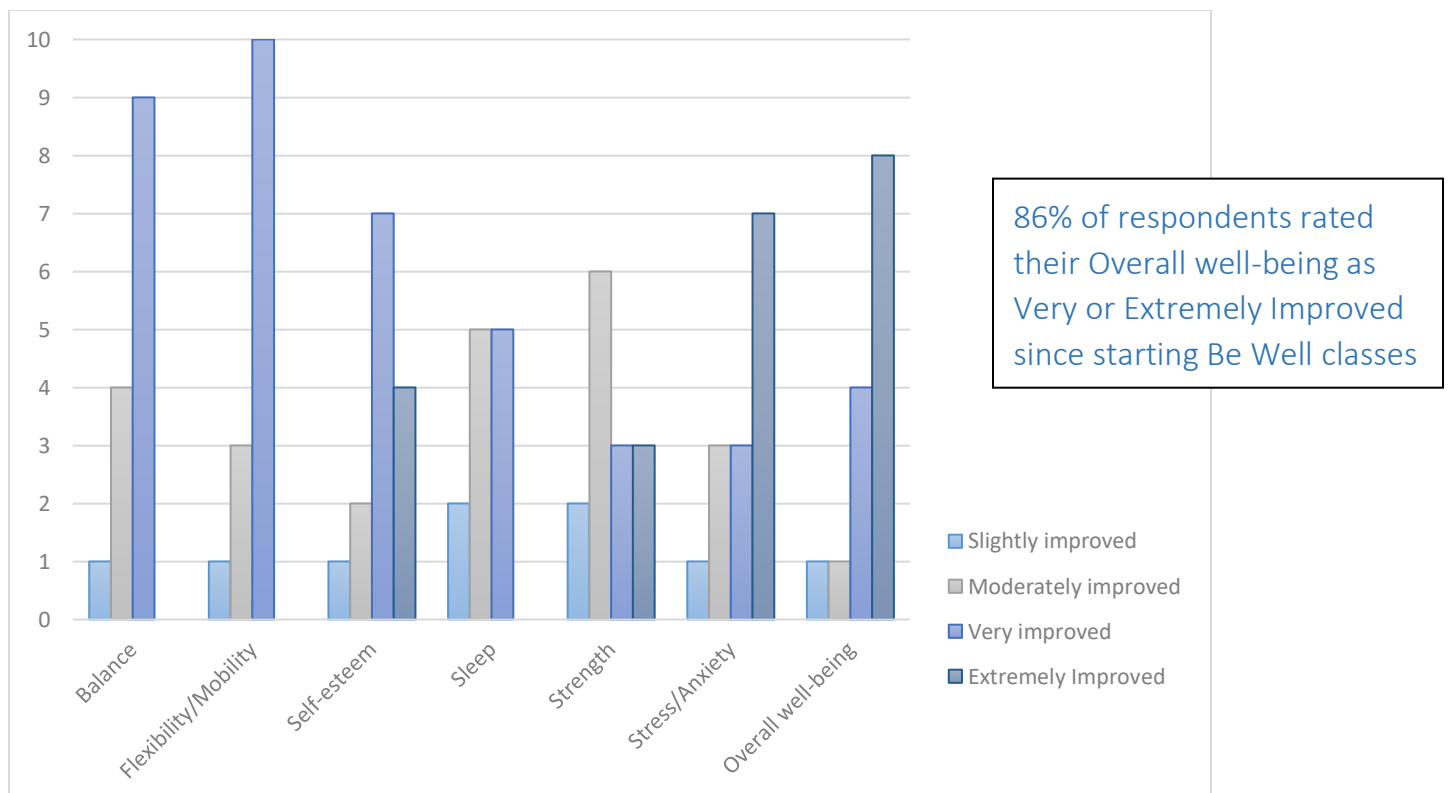
Q1_How did you first hear about Be Well's programs?



Q2_How long have you been participating in Be Well classes?

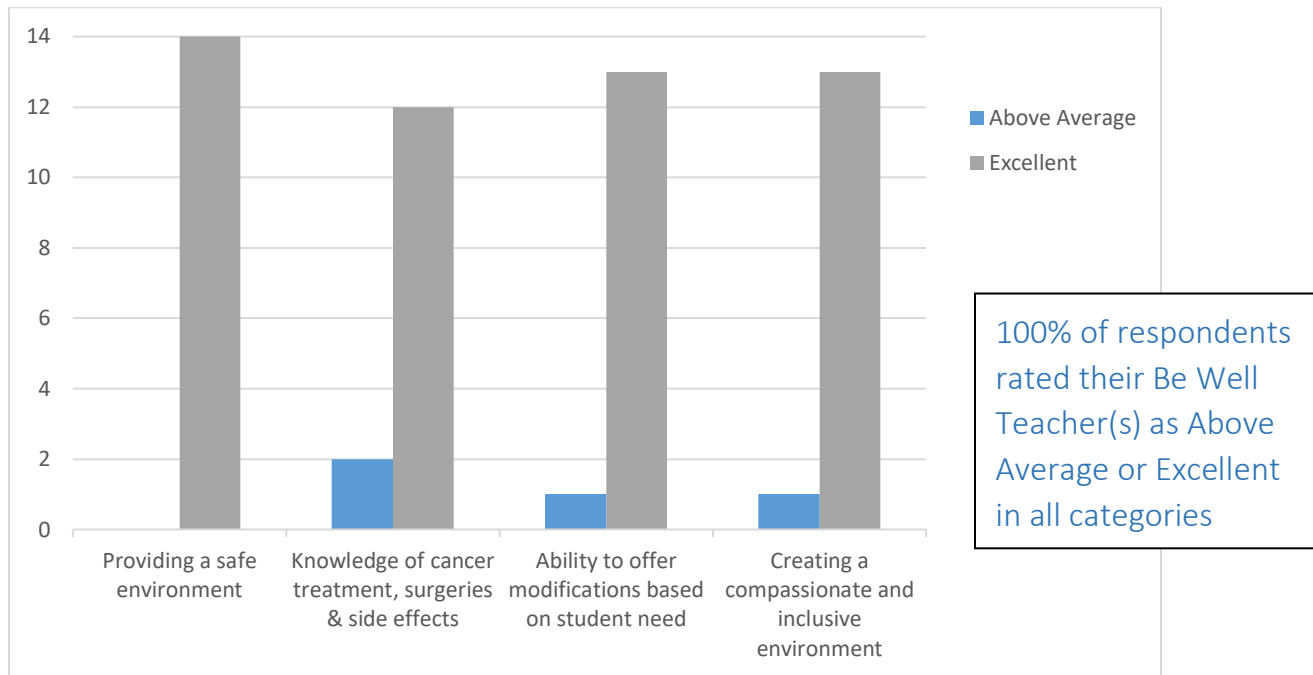


Q3_Since starting Be Well classes, how would you rate your improvement in the following areas?
(Measured on a five-point scale ranging from Not Improved to Extremely Improved)

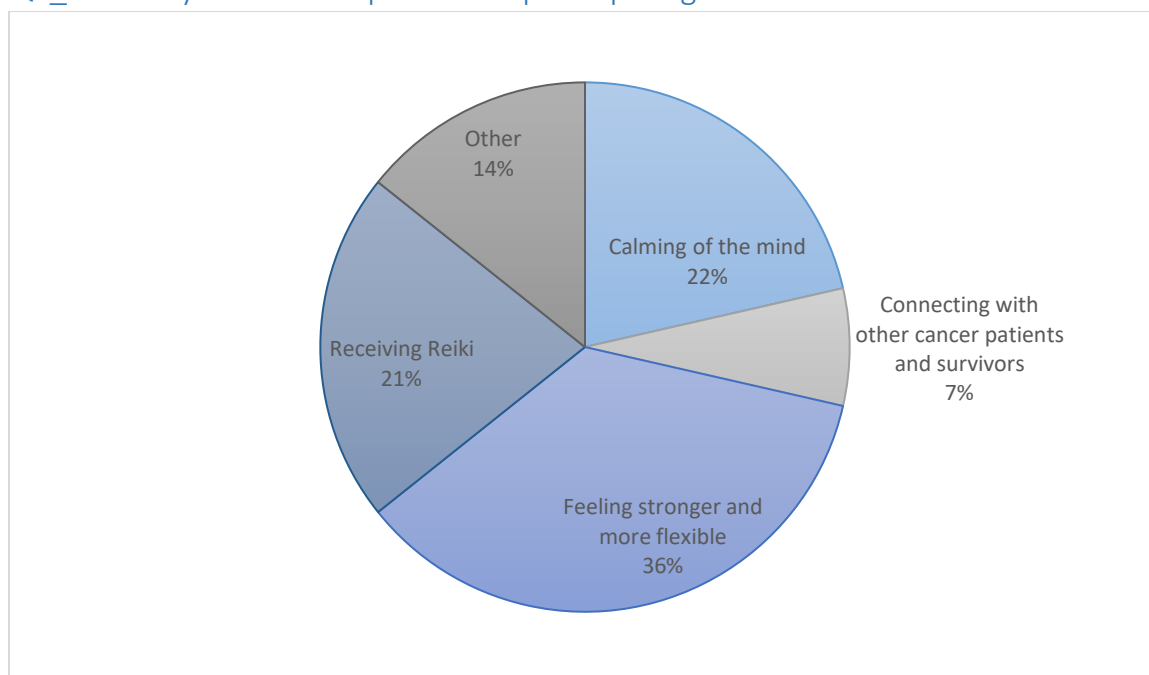


Q4_How would you rate your Be Well Teacher(s) in the following areas?

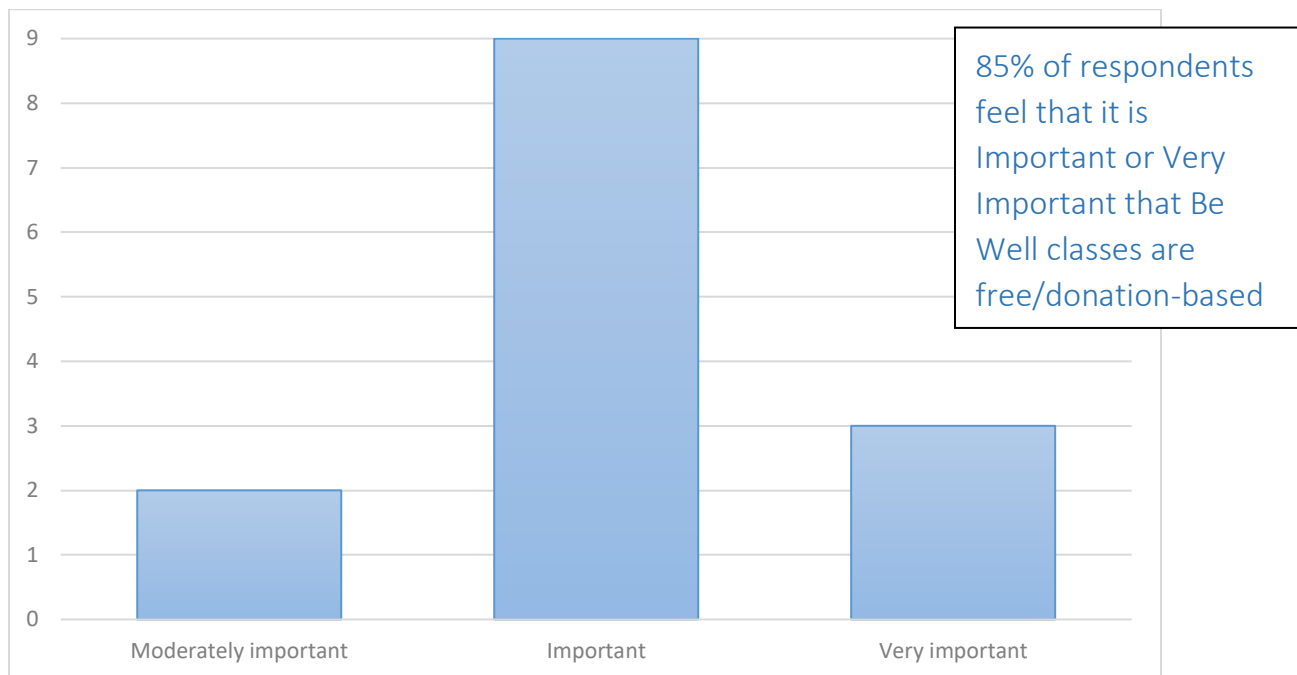
(Measured on a five-point scale ranging from Very Poor to Excellent)



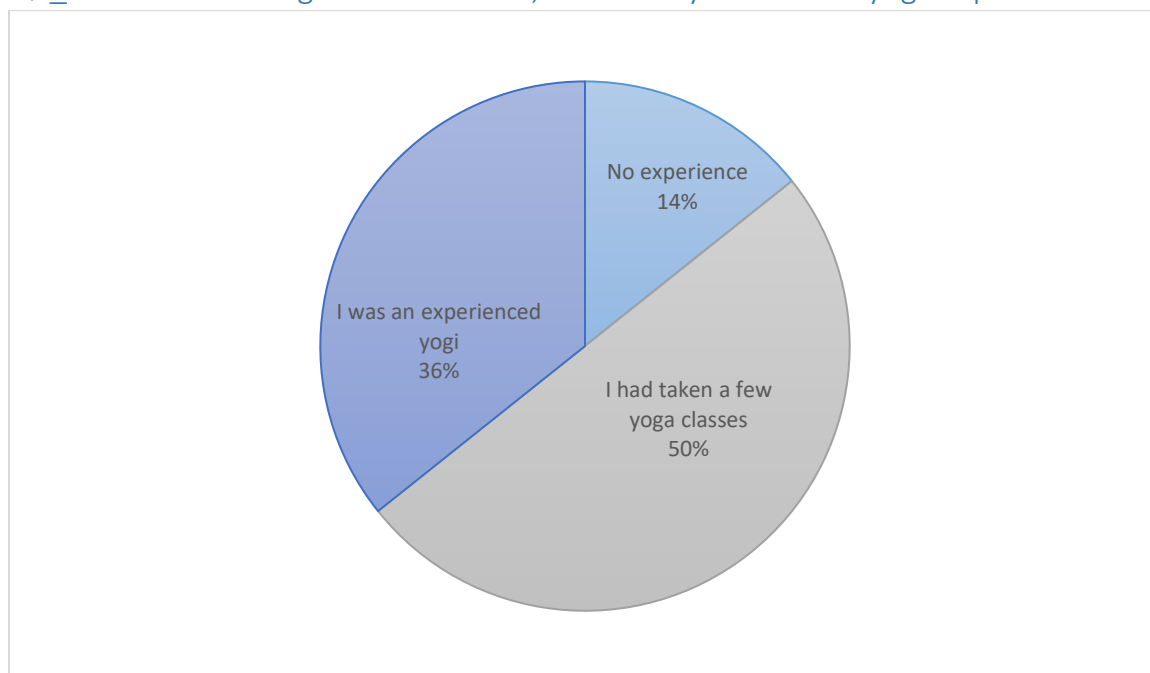
Q5_What is your favorite part about participating in Be Well classes?



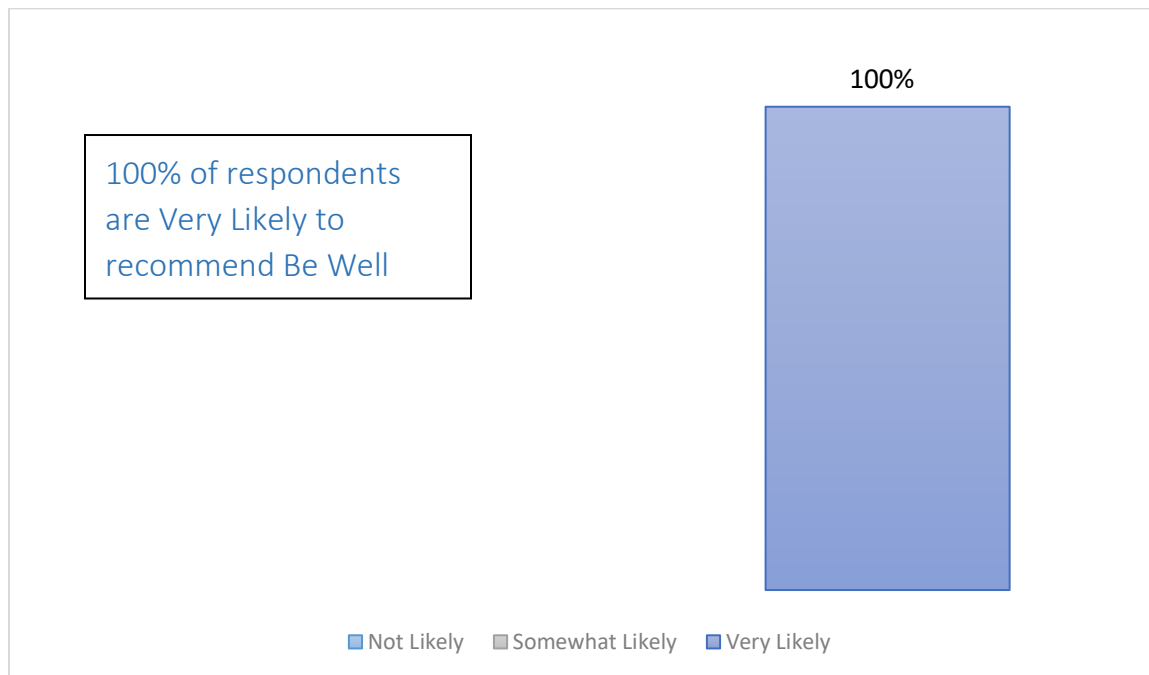
Q6_Financially, how important is it to you that Be Well classes are free or donation-based?
(Measured on a five-point scale ranging from Not Important to Very Important)



Q7_Prior to attending Be Well classes, what was your level of yoga experience?



Q8_ Based on your experience, how likely are you to recommend Be Well to another cancer patient or survivor?



Q9_ In a few sentences, please share how being a part of the Be Well community has benefitted you.

Especially during COVID, Be Well yoga has given me a way to feel connected to others and at a time when I can only leave my house for treatments. It's nice to have a regularly scheduled commitment that helps me to relax and keeps my mind off of my illness and treatment.

I feel that I have connected to a lovely group of people and I now have yoga options every day with people who understand cancer and most especially, lymphedema. This has been a huge blessing in my life - I feel better all around... How awesome that this exists!!

These classes remind me I am not alone and I have confidence that they provide for my specific needs.

Connection to other cancer survivors and the positive energy has been therapeutic. The encouragement and support from the instructors is amazing.

I feel like I am healing and getting stronger and knowing the compassionate teachers has really helped. Knowing that Fallbrook Health is supporting this renews my faith in humanity.

Fallbrook Regional Health District Acknowledgment - Be Well Therapy Instagram



bewelltherapy Thank you @fallbrookhealth for supporting Be Well in bringing Yoga for Cancer Recovery into your community. Thank you to Senator Brian Jones and Assemblymember Maria Waldron for honoring our commitment to this underserved community. We are proud to offer our classes to cancer survivors not only in the Fallbrook Region but basically anywhere (due to our classes live on Zoom and our downloadable videos).

#gratitude #yoga #meditation
#cancer #calmyourmind
#relieveanxiety #bewell
#yogaeveryday #getonyourmat

13w



60 likes

JULY 13

Add a comment...



Post



bewelltherapy • Following

...



bewelltherapy Please help us to spread the word to the Spanish community about our FREE Bilingual Yoga for Cancer Recovery class every Monday at 5:30 p.m. Lead by Be Well instructor Patricia and bought to you in part by a grant received from the @fallbrookhealth

New students can learn more and register at the Linking.bio

11w



yogabranh That's great!!!
Fantástico!



11w 1 like Reply



28 likes

JULY 27

Add a comment...

Post

Fallbrook Regional Health District Acknowledgment - Be Well Therapy Instagram



bewelltherapy • Following

...



bewelltherapy TOMORROW is the day for the start of our new class: Bro-ga, Yoga for Men with Cancer. This class will be lead by Be Well teacher, David Phears, and will be taught via Zoom from the comforts of your home and your favorite chair!

Edited

This weekly class is funded in part by a generous grant from the @Fallbrook Regional Health District and is FREE OF CHARGE to guys who step up and sign up. The class is exclusively for men as it is tailored to meet your very specific and individual optimum health goals and requirements.

Check out Linking bio for more info



30 likes

AUGUST 1

Add a comment...

Post



*Our Survivors **THANK** the*
Fallbrook Regional
HEALTH DISTRICT

for providing them with props for Zoom Yoga



bewelltherapy • Following

...



bewelltherapy Our grant from @fallbrookhealth not only supports our Zoom Yoga for Cancer Recovery Classes and Group Therapy on Mondays and our new Sunday Mens Broga class but they also helped us to reallocate some funds when Covid-19 happened so that we could provide 16 sets of props for survivors in their region that are taking our classes v... Edited now. Pictured here are a few of them safely picking up their props from their teacher Debbie



33 likes

AUGUST 6

Add a comment...

Post

Fallbrook Regional Health District Acknowledgment - Be Well Therapy Instagram

BE WELL THERAPY INC.
YOGA FOR CANCER RECOVERY

Class Schedule Changes:



WOMENS GROUP

Topic Driven Therapy
Led By - Cindy Persar
MONDAY 6:00 P.M.



BI-LINGUAL

Spanish/English- Open to all
Led By - Patricia Bustamante
SUNDAY 10:00 A.M.

New Class Reminder:



BRO-GA

Yoga for Men Only
Led By - David Phears
SUNDAY 5:00 P.M.



bewelltherapy • Following



bewelltherapy Please note we had an error on our post yesterday regarding our Bi-lingual class. We've deleted it so it won't be confusing...our Bi-lingual class will now be SUNDAYS at 10:00 a.m. AND, all three of these offerings are available to you for FREE thanks in part to the grant we received from @fallbrookhealth (Fallbrook Regional Health District).

Namaste and Be Well 🙏

8w



12 likes

AUGUST 12

Add a comment...

Post

TODAY IS THE DAY FOR

WOMEN'S CANCER RECOVERY SUPPORT GROUP

brought to you in part
by a grant from:

Fallbrook Regional
HEALTH DISTRICT

WE'VE SHIFTED OUR TIME TO ONE HOUR EARLIER
TO BETTER ACCOMMODATE YOUR SCHEDULES.
OUR NEW START TIME IS 6:00 P.M. PDT



bewelltherapy • Following



bewelltherapy We had feed back that an earlier time for our Women's Support Group would work better for people's schedules so we switched our start time to 6:00 p.m. We hope that this new time will be more convenient for you and that you'll join Cindy this evening at 6:00 p.m. via Zoom.

8w



28 likes

AUGUST 17

Add a comment...

Post

Fallbrook Regional Health District Acknowledgment - Be Well Therapy Facebook

Fallbrook Regional HEALTH DISTRICT

Amelia

Garnet

Rick

Raven

bewelltherapy • Following
Fallbrook Regional Health District

bewelltherapy We are so grateful for the grant we received from @fallbrookhealth that included funds to help us scholarship these four lovely humans in our first Virtual Yoga for Cancer Recovery Teacher Training. Thank you Fallbrook Regional Health District for your continued support bringing 4 new teachers to help teach in your district: Amelia, Garnet, Rick and Raven.

4w

sheilapatelmd Yay!

4w 1 like Reply

osidesistar

32 likes

SEPTEMBER 11

Add a comment...

NEW OUTDOOR WEEKLY Yoga Classes
in Fallbrook

Yoga for Cancer Recovery
Wednesdays at 11:30 a.m.
with Olivia and Debbie

Bi-lingual Yoga for Cancer Recovery
both Spanish and English speakers are welcomed!
Thursdays at 10:00 a.m.
with Patricia and Dionna

BEWELL

These classes are supported in part by a grant received from the

Fallbrook Regional HEALTH DISTRICT

bewelltherapy • Following
Fallbrook, California

bewelltherapy Be Well is proud to announce two new FREE in-person Yoga for Cancer Recovery classes starting next week! Classes will be held outdoors safely 6' apart and are supported by a grant we received from @fallbrookhealth . Our new classes are Wednesdays 11:30 a.m. with Debbie and Olivia and Thursdays at 10:00 a.m. is our Bilingual class with Patricia and Dionna. Both will be located at 1636 E. Mission Avenue in Fallbrook.

Upon arrival students must wear mask, hands will be sanitized and temperatures will be taken. Please bring your own props: yoga mat, bolster, 2 blocks and a blanket. Also bring a beach towel to use under

33 likes

OCTOBER 1

Add a comment...

Fallbrook Regional Health District Acknowledgment - Be Well Therapy Facebook



Be Well

July 13 · 🌐

Thank you [Fallbrook Regional Health District](#) for supporting Be Well in bringing Yoga for Cancer Recovery into your community. Thank you to Senator Brian Jones and Assemblymember Maria Waldron for honoring our commitment to this underserved community. We are proud to offer our classes to cancer survivors not only in the Fallbrook Region but basically anywhere (due to our classes live on Zoom and our downloadable videos).

[#gratitude](#) [#yoga](#) [#meditation](#) [#cancer](#) [#calmyourmind](#) [#rel...](#) See More



👍❤️ 20

3 Shares



Be Well

July 27 · 🌐



Please help us to spread the word to the Spanish community about our FREE Bilingual Yoga for Cancer Recovery class every Monday at 5:30 p.m. Lead by Be Well instructor Patricia and bought to you in part by a grant received from the [Fallbrook Regional Health District](#)

New students can learn more and register at the link below:

<https://bewelltherapy.net/weekly-classes-yoga-for-cancer.../>



7 Shares

👍 Like

💬 Comment

➦ Share





Be Well

August 1 · 🌐



TOMORROW is the day for the start of our new class: Bro-ga, Yoga for Men with Cancer. This class will be lead by Be Well teacher, David Phears, and will be taught via Zoom from the comfort of your home and your favorite chair!

This weekly class is funded in part by a generous grant from the @Fallbrook Regional Health District and is FREE OF CHARGE to guys who step up and sign up. The class is exclusively for men as it is tailored to meet your very specific and individual op... **See More**



8

3 Shares



Be Well

August 6 · 🌐



Our grant from [Fallbrook Regional Health District](#) not only supports our Zoom Yoga for Cancer Recovery Classes and Group Therapy on Mondays and our new Sunday Mens Broga class but they also helped us to reallocate some funds when Covid-19 happened so that we could provide 16 sets of props for survivors in their region that are taking our classes virtually now. Pictured here are a few of them safely picking up their props from their teacher @Debbie Taylor. Please like this post... **See More**



*Our Survivors **THANK** the*
Fallbrook Regional
HEALTH  DISTRICT

for providing them with props for Zoom Yoga



👍❤️😮 19

2 Comments 5 Shares

👍 Like

💬 Comment

➦ Share



Most Relevant ▼



Write a comment...



Sandra Buckingham
How wonderful! 🙏💙



Like · Reply · 9w



1



Leanne Hardesty
They're awesome!

Like · Reply · 9w



1



Be Well

August 6 · 🌐



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👍❤️😮 19

2 Comments 5 Shares



Be Well is with Fallbrook Regional Health District.

August 17 · 🌐



We had feed back that an earlier time for our Women's Support Group would work better for people's schedules so we switched our start time to 6:00 p.m. We hope that this new time will be more convenient for you and that you'll join Cindy this evening at 6:00 p.m. via Zoom.

TODAY IS THE DAY FOR

WOMEN'S CANCER RECOVERY SUPPORT GROUP

brought to you in part
by a grant from:

Fallbrook Regional
HEALTH  **DISTRICT**

**WE'VE SHIFTED OUR TIME TO ONE HOUR EARLIER
TO BETTER ACCOMMODATE YOUR SCHEDULES.
OUR NEW START TIME IS 6:00 P.M. PDT**



4

2 Shares

Fallbrook Regional Health District Acknowledgment - Be Well Therapy Emails

Subscribe Past Issues Translate RSS Fe

Get ready for OUTDOOR YOGA, Be Well & More! View the 2020 class schedule



SPECIAL OUTDOOR 6 (or more)
Social Distance Be Well YOGA!
Starting Mondays in August!
9-10 a.m.
4 Great OUTDOOR Locations
4 Amazing Be Well Teachers

Join some of your favorite Be Well teachers for socially distanced, outdoor yoga! Grab your yoga mat & props, put on some sunscreen, and get ready to enjoy a great outdoor yoga experience! Masks while practicing are optional and up to you and your comfort level and immunity.

More details on how to sign up next week - stay tuned!



This class is JUST FOR THE MEN! Join Be Well grad, David Phares, for this FREE weekly class on Zoom thanks in part to our generous grant from the Fallbrook Regional Health District.

For more details, click [HERE](#) and please share with any men you know who are living with cancer!



Be Well Virtual Yoga for Cancer Class Schedule

Monday 11:30 - 12:30 with Debbie Taylor in Olive West Meeting ID: 848 1554 6300
Monday 5:30 - 6:30 pm with Bethany Davis with Bailey Meeting ID: 853 3076 8400
Monday 7:30 - 8:30 pm with Sarah Miller with Cindy Phares Meeting ID: 815 7706 8400
Tuesday 12:15 - 1:15 pm with Sarah Miller with Cindy Phares Meeting ID: 734 853 1200
Wednesday 9:30 - 10:30 a.m. with Karl Anwar Meeting ID: 848 0706 1030
Wednesday 7:30 - 8:30 pm with Sarah Miller with Cindy Phares Meeting ID: 815 7706 8400
Thursday 12:15 - 1:15 pm with Sarah Miller with Cindy Phares Meeting ID: 734 853 1200
Friday 10:30 - 11:30 am with Mary Butler Meeting ID: 923 8880 3430
Saturday 10:30 - 11:30 a.m. with Rachel White Meeting ID: 734 853 1200
Sunday 8:30 - 9:30 a.m. with Rachel White or Jennie Wilson Meeting ID: 815 7706 8400

PLEASE NOTE: FOR ALL CLASSES, A MINIMUM OF 15 MINUTES BEFORE THE CLASS START TIME.



As a small, local nonprofit, Be Well Therapy relies on donations to keep our programs thriving. We are proud to offer our weekly classes on a donation-based, pay-as-you-can basis and you are always welcome to attend regardless of your ability to donate. While we are holding our classes virtually, please consider making a small donation on a weekly or monthly basis if you are able. You can set up a monthly auto-pay donation on our website [HERE](#). Even \$5-20/month makes a big difference. We also accept donations via Venmo to @Be-Well-2. Be Well pays all of our teachers a stipend to lead our classes and those funds come from general donations, fundraisers, and grants.

Note that our new Friday class via UCSD Health is FREE and our 3 Monday classes are covered by our generous grant from the Fallbrook Regional Health District.

[Link to printable schedule](#)

Not able to join us for a virtual class?
No problem! We have recorded videos of our Be Well classes, guided deep relaxation, & meditations available for you to download any time on our website.

[Link to Be Well Class Videos](#)

Facebook Instagram Twitter

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Our mailing address is:
Be Well Therapy, Inc.
PO Box 1000
Fallbrook, CA 92028

Want to change how you receive these emails?
You can update your preferences at [this link](#) or by clicking the link in the email.

Are You a Cancer Survivor Looking to Improve the Quality of your Life?

Join us for our 3 weekly
FREE Yoga for Cancer Recovery Classes
and meet our growing community!



Yoga has been proven to help with many of the side effects of cancer and its treatment including: insomnia, anxiety, strength, balance, flexibility, range-of-motion and more.

For class days and times & more information, please visit our website:
bewelltherapy.net



Free classes provided in part by:

There are 3 locations (currently) for our classes:
Sage Yoga Studio in Bonsall: 5256 S Mission Rd #707, Bonsall, CA 92003
Sage Yoga Studios in Fallbrook: 115 N Main Ave, Fallbrook, CA 92028
FRHD Wellness Center: 1636 E. Mission Ave., Fallbrook, CA 92028

Fallbrook Regional Health District Acknowledgment - Be Well Therapy Emails

Issues

Trans

Outdoor Socially Distanced Yoga with Lisa is Next Monday! [View this email in your browser](#)



Join Lisa Shaw for our next Outdoor Class on Monday 8/24 in Vista!

Here's how it works:

- Pick which date(s) you want to attend
- Use the links to email the teacher directly to RSVP for that class NO LATER THAN SUNDAY BEFORE CLASS (please include your phone number in your email)
- Maximum number of students allowed is 10
- Minimum to hold class is 4 (if we don't have 4 by the morning of class, you will receive a text that class is cancelled)

Sign up for next Monday's class:

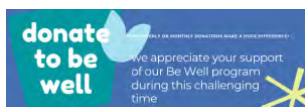
Monday 8/24 with Lisa Shaw in central Vista (lshaw@be-well.net) Class is being held on a 2-acre private residence with plenty of shade!

We will definitely be continuing our Outdoor Classes into September and October - info to sign up will be shared weekly. Note: we are not holding an outdoor class on 8/31.



This class is JUST FOR THE MEN! Join Be Well grad, David Phares, for this FREE weekly class on Zoom thanks in part to our generous grant from the Fallbrook Regional Health District.

For more details, click [HERE](#), and please share with any men you know who are living with cancer!



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Note that our new Friday class via UCSD Health is FREE and our 3 Monday classes are covered by our generous grant from the Fallbrook Regional Health District.

[Link to printable schedule](#)

Not able to join us for a virtual class?
No problem! We have recorded videos of our Be Well classes, guided deep relaxation, & meditations available for you to download any time on our website.

[Link to Be Well Class Videos](#)



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Our mailing address is:
info@be-welltherapy.net

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You can update your preferences or [unsubscribe from this list](#)



Issues

Weekly, the Be Well Center Check for new class departures! [View this email in your browser](#)



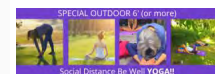
We've made a few changes starting this week!

Starting Monday, our weekly Women's Support Group led by nurse, Cindy Pinner, is moving to 9 a.m.

Starting next Monday (8/16), our bilingual class with Patricia is MOVING to Sundays at 10 a.m. - ALL STUDENTS ARE WELCOME TO ATTEND! Patricia teaches in English and will translate to Spanish if needed based on the students. Come enjoy some yoga and perhaps a Spanish lesson, too! And encourage your Spanish speaking friends to attend!

And, don't forget, our Friday a.m. class sponsored by UCSD now starts at 9:30 a.m. to help you to attend both yoga with Mary Baker and experience with Alessandra (10:30 - 12:30)

See below for all class times info -



Our outdoor class tomorrow is FULL!

We are sorry to sign up for class with Debbie on 8/17 and Lisa on 8/24 - space is limited to 10 participants!

Here's how it works:

- Pick which date(s) you want to attend
- Use the links to email the teacher directly to RSVP for that class NO LATER THAN SUNDAY BEFORE CLASS (please include your phone number in your email)
- Maximum number of students allowed is 10
- Minimum to hold class is 4 (if we don't have 4 by the morning of class, you will receive a text that class is cancelled)

Here's the info for the 3rd and 4th weeks:
Monday 8/17 with Debbie Taylor in S.E. Vista (debbietaylor171@yahoo.com)
Monday 8/24 with Lisa Shaw in central Vista (lshaw@be-well.net)

We will definitely be continuing our Outdoor Classes into September and October - info to sign up will be shared weekly.

Save this email so you have the details for the month!



This class is JUST FOR THE MEN! Join Be Well grad, David Phares, for this FREE weekly class on Zoom thanks in part to our generous grant from the Fallbrook Regional Health District.

For more details, click [HERE](#), and please share with any men you know who are living with cancer!



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[Link to Be Well Class Videos](#)



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Our mailing address is:
info@be-welltherapy.net

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FREE : FREE : FREE

Yoga Classes

for cancer survivors

brought to you by:

BE WELL

Fallbrook Regional
HEALTH DISTRICT



Profesora: Patricia Gomez



Teacher: David Phears

↑ **GRATIS** Clase bilingüe de yoga para ayudar a recuperarse del cáncer
Jueves 10:00 - 11:00 a.m.
1636 E. MISSION AVE.

← **Bro-ga MEN ONLY**
Yoga for Men with Cancer
Sunday 5:00 - 6:00 p.m.
via Zoom

↓ Yoga for Cancer Recovery
Monday 11:30 - 12:30 p.m.
via Zoom
Wednesday 11:30 - 12:30 p.m.
1636 E. MISSION AVE.

For in person 6' Social Distance classes, please arrive 15 minutes early to fill out intake form and sign waiver.

For Classes via Zoom, please visit:
bewelltherapy.net/be-well-student-intake-form/

Fill out the intake form and sign waiver, Zoom info will automatically be sent back via email



**Teachers: Olivia Reid
Debbie Taylor**

In addition to postcards, fliers and social media , Be Well also acknowledged the generous grant by Fallbrook Regional Health District on its website.