

# 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

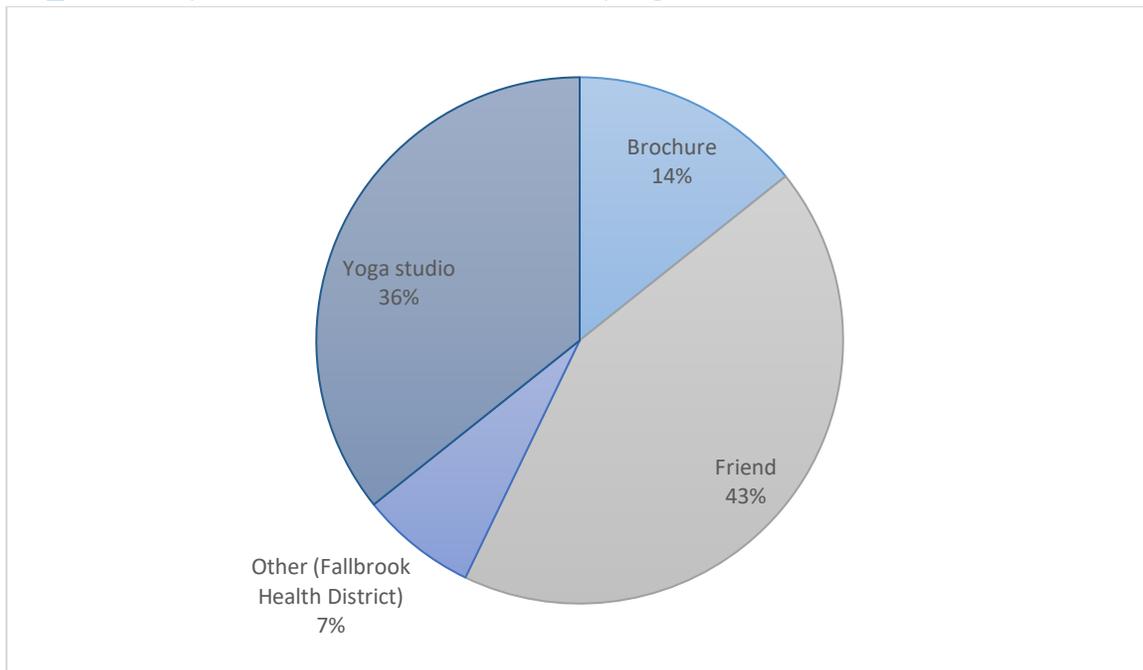
**Actual Program Budget File:** 2020\_2021\_FRHD\_CHC\_Program\_Budget\_Form\_v01.xlsx

## Overview

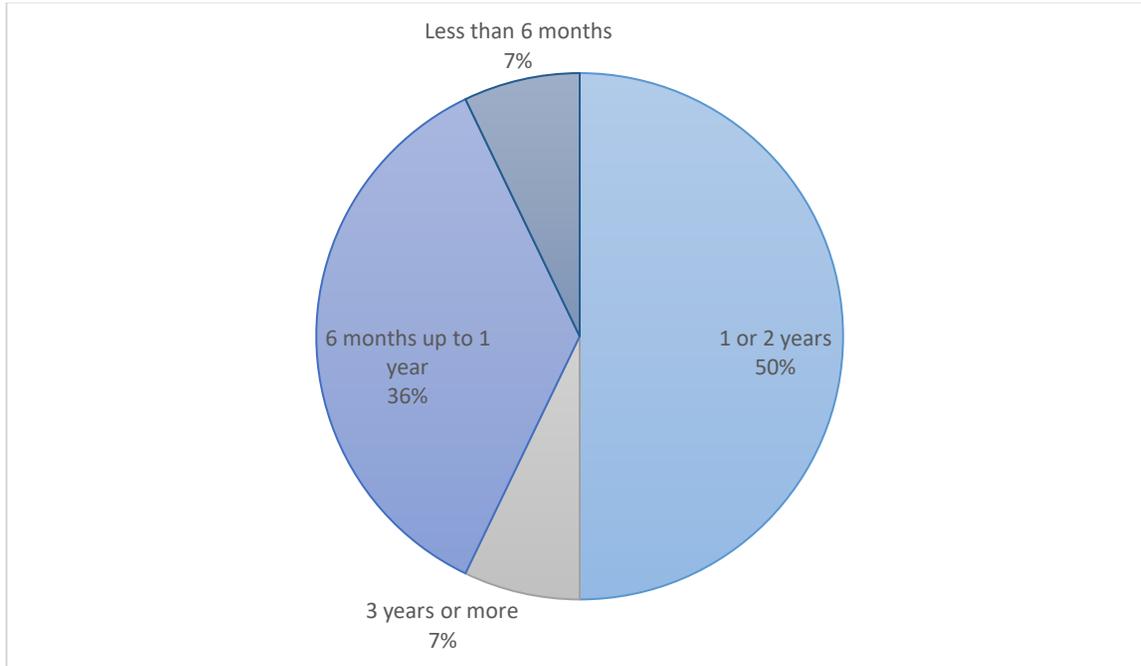
- Survey invitation was sent via email using anonymous survey link in September 2020 (*I do not know the total number of invitations sent which I would normally include here*)
- Responses total = 14 (*I would normally include the response rate here, you can calculate it by dividing 14 by the number of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

## Results (n=14)

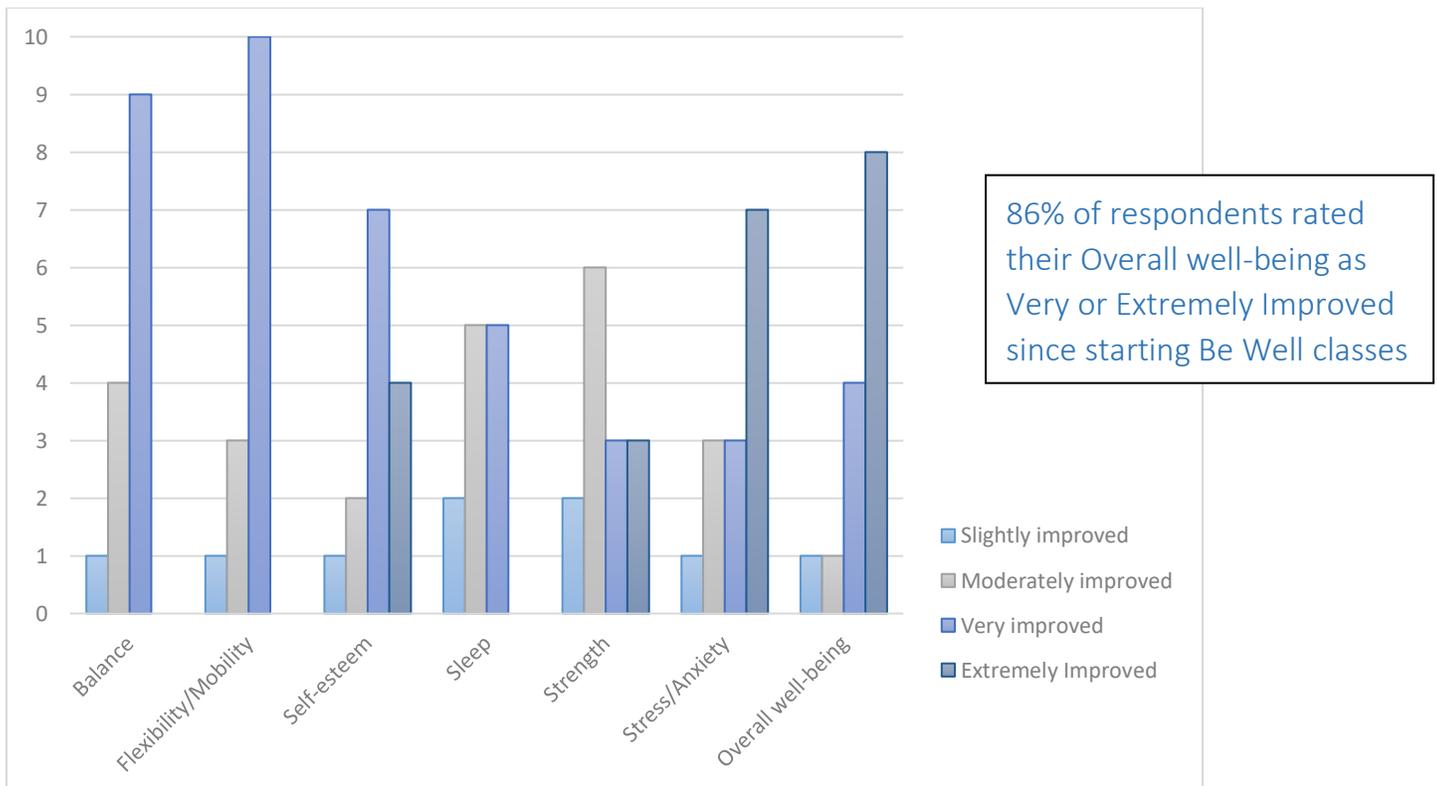
Q1\_How did you first hear about Be Well's programs?



Q2\_How long have you been participating in Be Well classes?

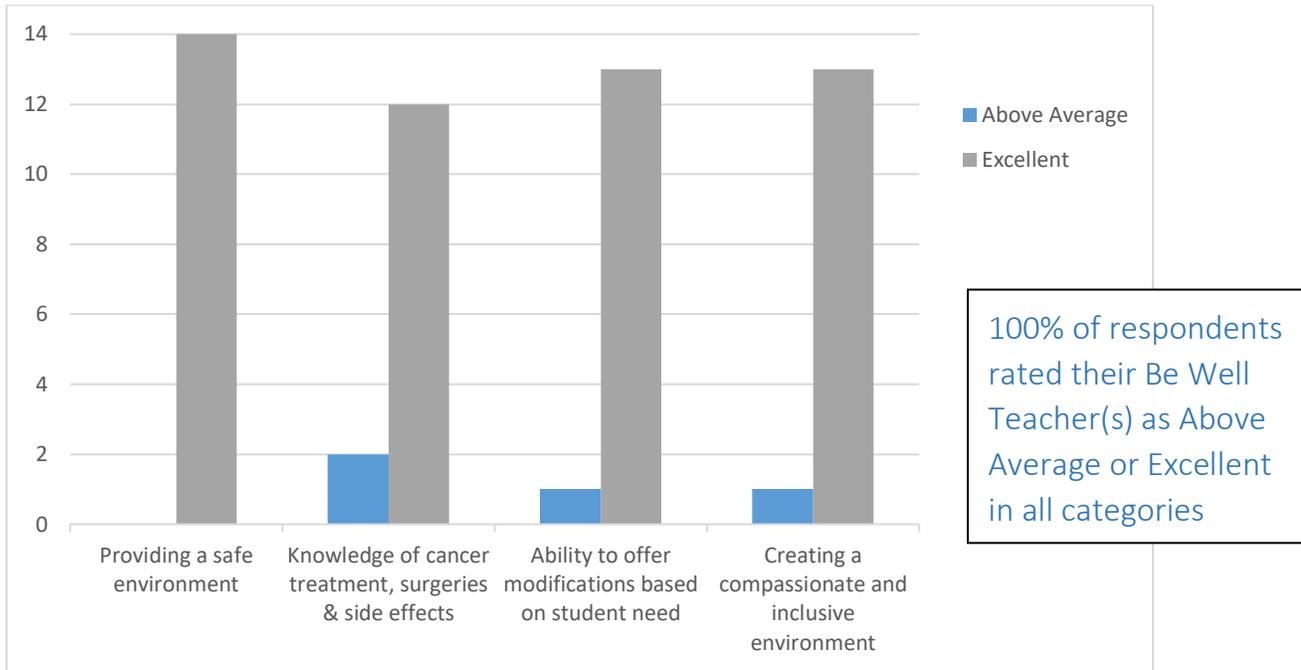


Q3\_Since starting Be Well classes, how would you rate your improvement in the following areas?  
 (Measured on a five-point scale ranging from Not Improved to Extremely Improved)

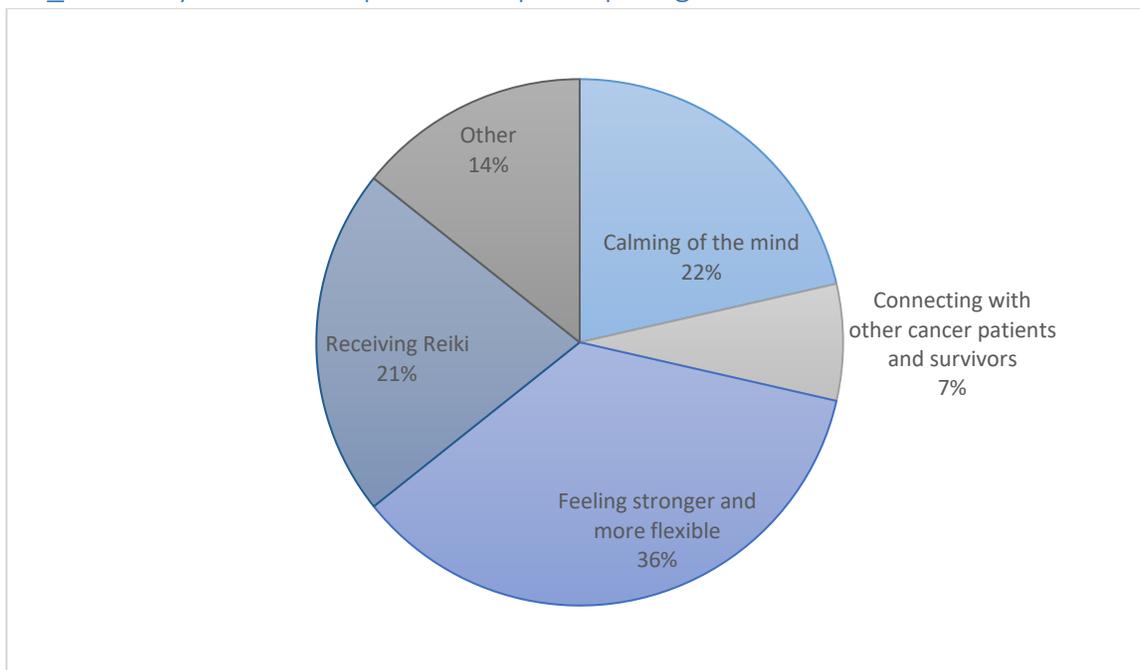


Q4\_How would you rate your Be Well Teacher(s) in the following areas?

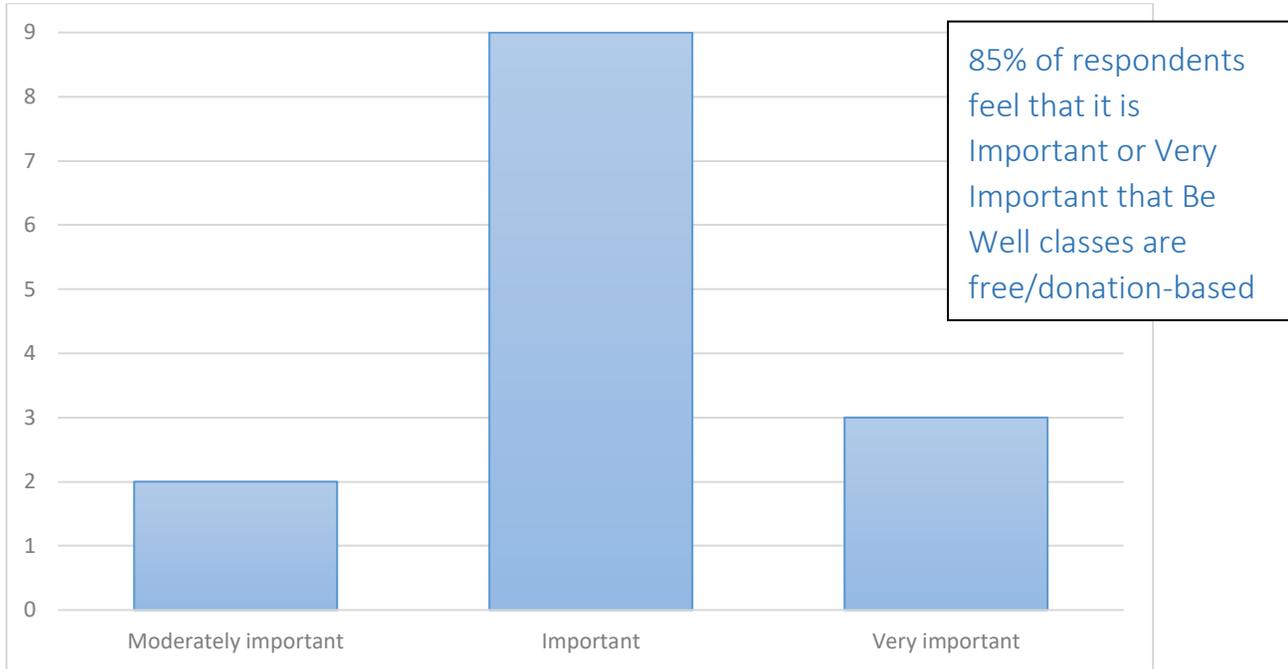
(Measured on a five-point scale ranging from Very Poor to Excellent)



Q5\_What is your favorite part about participating in Be Well classes?



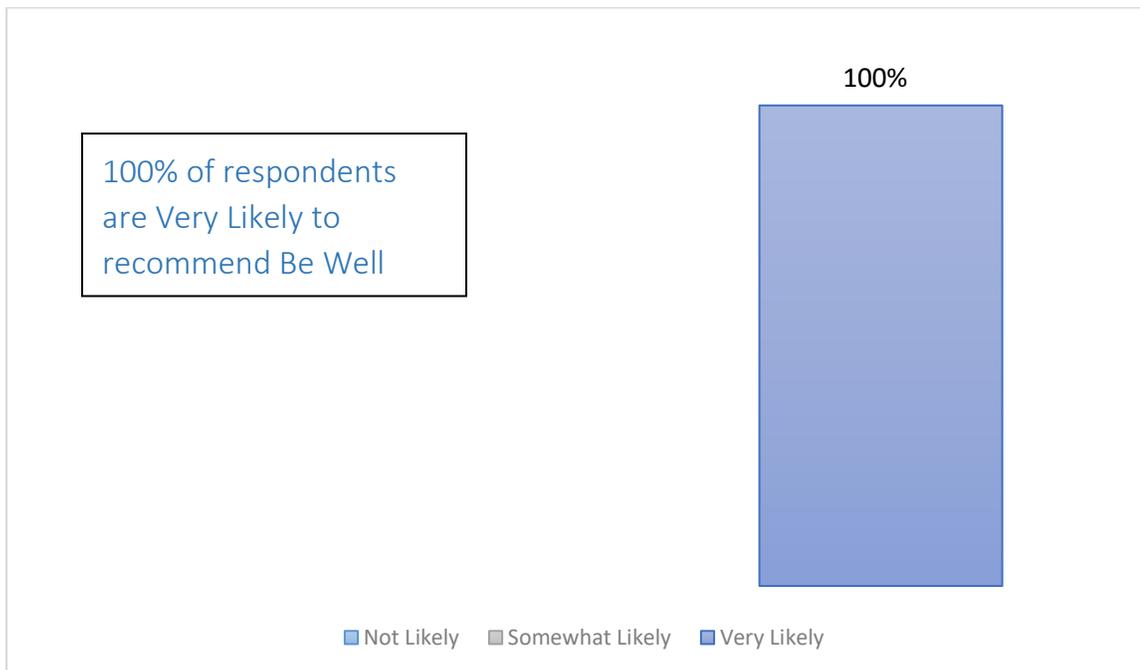
Q6\_Financially, how important is it to you that Be Well classes are free or donation-based?  
(Measured on a five-point scale ranging from Not Important to Very Important)



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

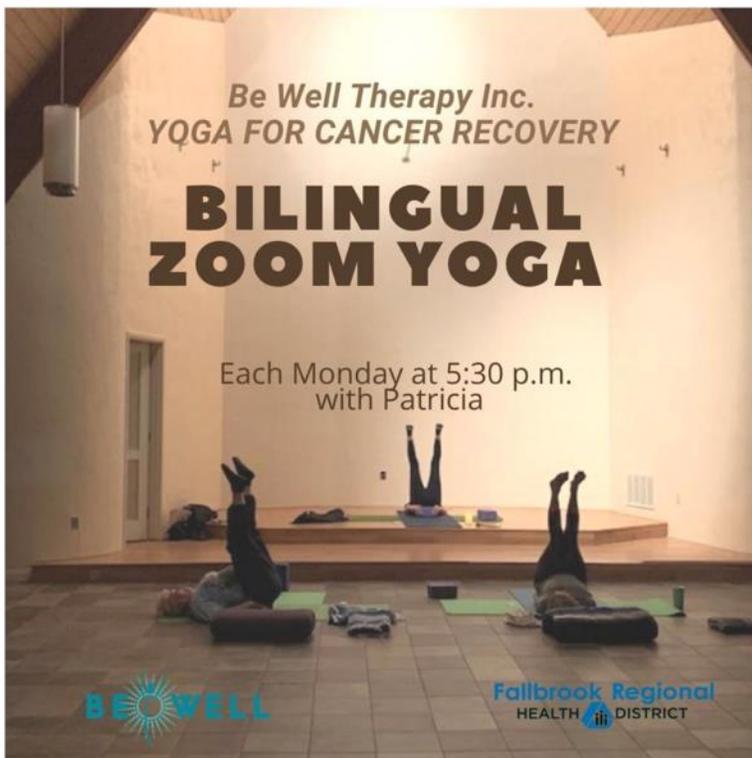


60 likes

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 our Linkin bio for more info

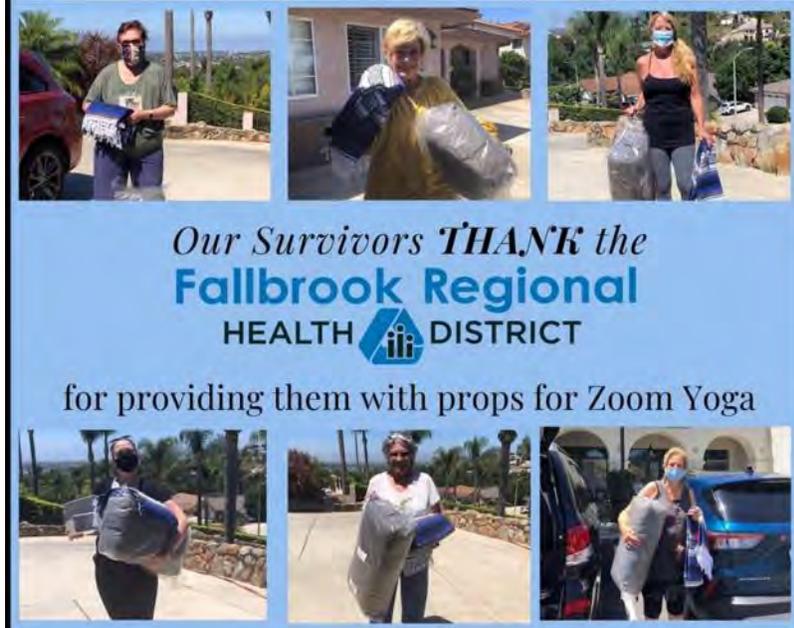


30 likes

AUGUST 1

Add a comment...

Post



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

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.

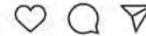


 **bewelltherapy** • Following ...

 **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...



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



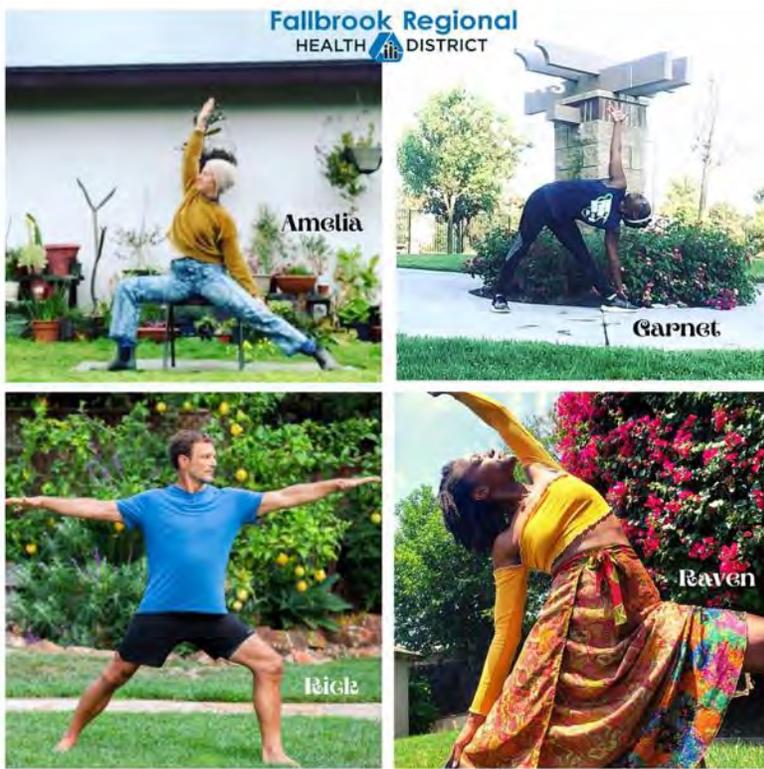
28 likes

AUGUST 17

Add a comment...



Fallbrook Regional Health District Acknowledgment - Be Well Therapy Facebook



**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... Post



**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... Post

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**

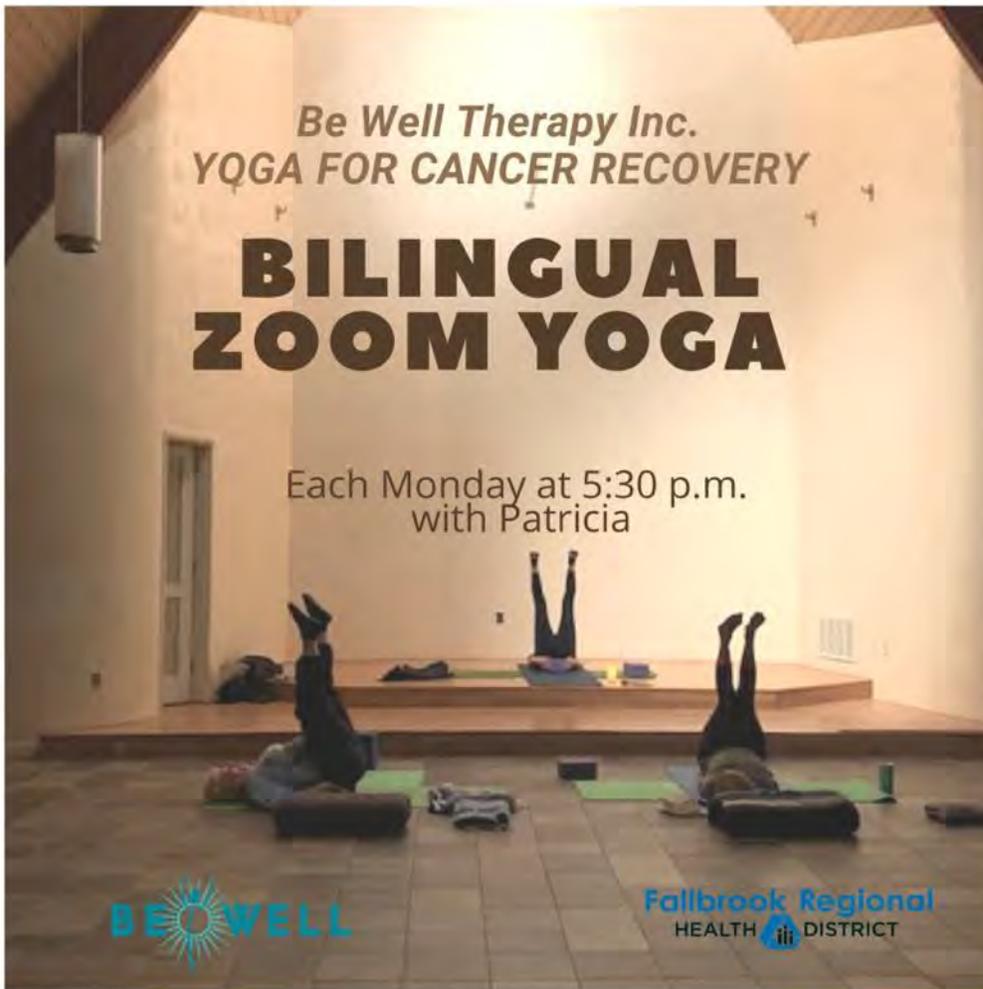
July 27 · 🌐



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

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**



**BE WELL THERAPY INC.**

**BRO-GA**

YOGA FOR MEN WITH CANCER

**STARTS THIS SUNDAY- AUGUST 2ND, 5-6:00 P.M.**



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



**Leanne Hardesty**  
They're awesome!

Like · Reply · 9w





Be Well

August 6 · 🌐



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**Fallbrook Regional**  
HEALTH  DISTRICT

for providing them with props for Zoom Yoga



   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.  
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4

2 Shares

# Fallbrook Regional Health District Acknowledgment - Be Well Therapy Emails

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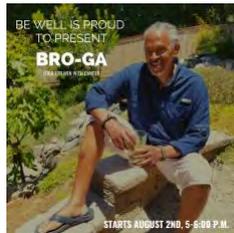
Get ready for OUTDOOR YOGA, Yoga & Beer! [View the social class poster](#)



**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!

**21 DAY SUMMER CHALLENGE**

**YOGA FOR MEN**

**PRIZES FOR WINNERS**

The 21-day challenge ends on July 27th! You will have plenty of time to get in on your chance to win some pretty fabulous prizes, and to create a new habit of doing more YOGA than in the past! Join us! Grab your mat, grab your camera/label or phone, and get us for our weekly classes on Zoom! See our most current schedule below.

**Be Well Virtual Yoga for Cancer Class Schedule**

Monday 11:30 - 12:30 with Debbie Taylor in Olive Best Meeting ID: 849-1554-6500

Monday 5:30 - 6:30 pm with Holly in Olive Best Meeting ID: 852-3076-8400

Monday 7:00 - 8:00 pm with Sandy Peterson in Olive Best Meeting ID: 817-3076-8400

Tuesday 12:15 pm with Sandy Peterson in Olive Best Meeting ID: 736-076-1212

Wednesday 9:00 am - 10:00 am with Jill Stevenson Meeting ID: 392-043-8791

Wednesday 7:30 - 8:30 pm with Jessica Flynn Meeting ID: 392-043-8791

Thursday 12:15 pm with Mary Butler or Dana Schrey Meeting ID: 736-076-1212

Friday 10:00 - 11:00 am with Mary Butler Meeting ID: 923-8800-3434

Saturday 10:00 - 11:00 am with Jessica Flynn Meeting ID: 392-043-8791

Sunday 8:30 - 9:30 am with Holly in Olive Best Meeting ID: 852-3076-8400

REGISTER FOR ALL CLASSES @ [BEBWELLTH.COM](#)  
 PLEASE REGISTER AS EARLY AS YOU CAN!  
 SEATING IS NOT FULL!

**Donate to be well**

We appreciate your support of our Be Well program during this challenging 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 @BeWell-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](#)

Copyright © 2020, Be Well Therapy, Inc. All rights reserved.  
 Our mailing address is: [info@bewelltherapy.com](#)  
 We'd like to change how you receive these emails? You can update your preferences at [www.bewelltherapy.com/updates](#)

**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](http://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@awell.net](mailto:lshaw@awell.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 Phears, 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!



[Email Be Well](#)



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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@bewelltherapy.net](mailto:info@bewelltherapy.net)

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You can update your preferences or unsubscribe from this link

Virtual Live Class Schedule



Monday	Yoga ZOOM	10:30 a.m.	Debbie/Celine
Monday	Therapy ZOOM	6:00 p.m.	Cindy (1)
Tuesday	Yoga	12:00 p.m.	Lisa/Jenny
Wednesday	Yoga ZOOM	9:00 a.m.	Kath
Wednesday	Yoga LIVE	9:00 a.m.	Debbie/Celine(2)
Wednesday	Bilingual ZOOM	7:00 p.m.	Patricia (2&3)
Thursday	Bilingual LIVE	10:00 a.m.	Patricia (2&3)
Thursday	Yoga ZOOM	2:00 p.m.	Alroy/Dale
Friday	Yoga ZOOM	9:00 a.m.	Alroy
Saturday	Yoga ZOOM	10:00 a.m.	Melissa
Sunday	Yoga LIVE	5:30 p.m.	Heidi/Gemma (4)
Sunday	Bilingual ZOOM	5:00 p.m.	Dale (5)



Monday	12:00 p.m.	12:00 p.m. with Melissa Phears via Zoom	Meeting ID: 944 104 036
Monday	6:00 p.m.	6:00 p.m. with David Phears via Zoom	Meeting ID: 643 038 844
Tuesday	12:00 p.m.	12:00 p.m. with Lisa Shaw via Zoom	Meeting ID: 643 038 844
Wednesday	9:00 a.m.	9:00 a.m. with Debbie Phears via Zoom	Meeting ID: 643 038 844
Wednesday	1:00 p.m.	1:00 p.m. with Heidi/Gemma via Zoom	Meeting ID: 643 038 844
Thursday	12:00 p.m.	12:00 p.m. with Heidi/Gemma via Zoom	Meeting ID: 643 038 844
Friday	10:30 a.m.	10:30 a.m. with Alroy/Dale via Zoom	Meeting ID: 643 038 844
Saturday	10:00 a.m.	10:00 a.m. with Melissa via Zoom	Meeting ID: 643 038 844
Sunday	5:30 p.m.	5:30 p.m. with Heidi/Gemma via Zoom	Meeting ID: 643 038 844



Issues

Trans

Weekly, the Be Well Outdoor Class for socially distanced? [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 nursing, Cindy Phears, is moving to 9 a.m.

Starting next Friday (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. And encourage your Spanish speaking friends to attend!

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

See below for all class sign up info:

Monday	12:00 p.m.	12:00 p.m. with Melissa Phears via Zoom	Meeting ID: 944 104 036
Monday	6:00 p.m.	6:00 p.m. with David Phears via Zoom	Meeting ID: 643 038 844
Tuesday	12:00 p.m.	12:00 p.m. with Lisa Shaw via Zoom	Meeting ID: 643 038 844
Wednesday	9:00 a.m.	9:00 a.m. with Heidi/Gemma via Zoom	Meeting ID: 643 038 844
Wednesday	1:00 p.m.	1:00 p.m. with Heidi/Gemma via Zoom	Meeting ID: 643 038 844
Thursday	12:00 p.m.	12:00 p.m. with Heidi/Gemma via Zoom	Meeting ID: 643 038 844
Friday	10:30 a.m.	10:30 a.m. with Alroy/Dale via Zoom	Meeting ID: 643 038 844
Saturday	10:00 a.m.	10:00 a.m. with Melissa via Zoom	Meeting ID: 643 038 844
Sunday	5:30 p.m.	5:30 p.m. with Heidi/Gemma via Zoom	Meeting ID: 643 038 844



We are so sorry to sign up early 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 Phears in Vista ([lshaw@awell.net](mailto:lshaw@awell.net))  
Monday 8/24 with Lisa Shaw in central Vista ([lshaw@awell.net](mailto:lshaw@awell.net))

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

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



This class is JUST FOR THE MEN! Join Be Well grad, David Phears, for the 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!



[Email Be Well](#)



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](#)



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Our mailing address is: [info@bewelltherapy.net](mailto:info@bewelltherapy.net)

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**FREE : FREE : FREE**

# Yoga Classes

for cancer survivors

*brought to you by:*

**BEWELL**  
**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/](http://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.