



# 2020-2021 COMMUNITY HEALTH CONTRACT (CHC) Q3 GRANT IMPACT REPORT

**Organization Name:** Be Well Therapy, Inc  
**Program Title:** Be Well Yoga for Cancer Recovery  
**Person submitting the report:** Lisa Scolman Administrative Assistant

**Ages: List the percentage and total number served of your program participants' ages who received services during this reporting time frame:**

	Percentage served	Total Number Served
Children (infants to 12)	0	
Young Adults (13-17)	0	
Adults (18-60)	80	
Seniors (60+)	14	
Unknown		

**Gender: List the percentage and total number served of your program participants' gender identification who received services during this reporting time frame:**

	Percentage served	Total Number Served
Female	99	
Male	1	
Non-binary		
Unknown		

**Income: List the percentage and total number served of your program participants' income limit category of those who received services during this reporting timeframe:**

	Percentage Served	Total Number Served
Extremely Low-Income (ceiling of \$32,100)	15	
Very Low (50% Income (ceiling of \$53,500)	60	
Low (80%) Income (ceiling of \$85,600)	25	

	Percentage Served	Total Number Served
Higher than listed limits	0	
Unknown		

How many District residents directly benefited (participant/client) from this program in this reporting quarter? 10

## GOALS & OBJECTIVES

**Please provide the Goal 1 statement from your application. Discuss the actions within each objective and provide your outcome data accordingly.**

GOAL 1: To improve the health and well being of cancer survivors by providing Yoga and mindfulness practices that compliment traditional therapies thereby providing optimal physical and mental healing for the recovering patient as well as to their caregivers and support structure.

Our 1st objective will be to increase the number of program participants in our FRHD Yoga and Mindfulness for Cancer Recovery classes to greater than the number enrolled and participating pre-Covid.

OUTCOME: Our in person classes still have still not grown to preCOVID numbers, despite Covid numbers going down. Our in person class varies from 2-5 attendees per class. We continue to offer the zoom classes.

**Please provide the Goal 2 statement from your application. Discuss the actions within each objective and provide your outcome data accordingly.**

GOAL 2: Our second objective is to provide one on one socially distanced sessions for those survivors who have been unable to attend our virtual classes due to a lack of internet or who do not yet feel comfortable attending public classes once resumed. We will target holding 2-3 private sessions per month.

OUTCOME: Private sessions have proved to important and we continue to have 2/month. We hope to continue to grow these until people feel more comfortable to attend the in person classes.

## PARTICIPANT SUCCESS STORY

### Participant Success Story:

Gloria Towers is 78 yrs old. She is recovering from breast cancer and has arthritis. She states that: "Since coming to Be Well Yoga classes for Cancer Recovery, not only do I feel better emotionally, but also my bones feel stronger and my arthritis hurts less.

Gloria Towers  
gtowrs@gmail.com

## Participant Success Story:



## ACKNOWLEDGEMENT

**Please describe how the Fallbrook Regional Health District's Community Health Contract - Grant investment toward this program was acknowledged during this reporting timeframe.**

Be Well Therapy shared a post via Instagram and Facebook, as well as via email to our followers/fans.

Please upload one example of how the District's support for this program was publicly acknowledged.



## BUDGET

Please upload a copy of the program budget you submitted with the application. Fill in the Q3 column demonstrating the current utilization of grant funds.



Please explain any significant differences in budget or services during this quarter. What if any changes were made to address programming challenges.

No differences to report

**Please sign your form:**

A handwritten signature in black ink, consisting of a stylized initial 'L' followed by a large, sweeping flourish that loops back to the right.