

**2019-2020 COMMUNITY HEALTH
CONTRACT 338 Be Well Yoga for Cancer
Recovery**

Quarter 1 (July-September) Reporting Form

Goal 1:

Qualify and receive funding to establish two new classes and provide existing class at Sage Yoga Studio in Fallbrook, free of charge. Advertise locally via yoga studios and cancer centers for qualified individuals to apply for the teacher training in Fallbrook region. Scholarship four qualified individuals in our upcoming 55-hour Yoga for Cancer Recovery teacher training program taking place this August.

S.M.A.R.T. Objective 1a:

Funding received from Fallbrook Regional Health District, would allow Be Well to market for and provide our 55-hour Yoga for Cancer Recovery Teacher Training Program to four qualified individuals, leading to the establishment of two additional classes, offered free of charge in the Fallbrook region.

Cost: Projected

\$7875

Contract Dollars Expended to Date:

\$9,937.35

Progress/Accomplishment of Goals & Objectives

Be Well advertised and is conducting YTT with one weekend to complete. Be Well placed an ad in both the Village News and Temecula paper with an article about Be Well, Sage Yoga and FRHD funding the regions programs. Additional social media posts on Instagram and Facebook and the FRHD logo and name are on the sponsor page on our website.

Be Well provides two classes weekly at two different locations. One at Sage Bonsall and one at Sage Fallbrook. We are awaiting the third location with the Health District and hope a location will be provided soon.

We have completed two of the three weekends of 55 hour YTT training of six new Be Well yoga for cancer recovery teachers. We were able to reallocate funds from the props fund to provide the opportunity to train two additional teachers.

We have provided Reiki level 1 training to four individuals becoming our yoga teachers and Reiki II level training to one of our established Fallbrook region teachers.

With the additional training of teachers and the Reiki training in this quarter we expended more than we originally allotted. This will adjust quarter 2 expenses accordingly.

We feel we are meeting our goals and objectives nicely. We hope to get the third location up and running soon, we are awaiting approval of banner locations, this will help to increase exposure to more regional citizens.

Revision Date: August 2019

FRHD IMPACT NARRATIVE Q1-BE WELL THERAPY

It is almost impossible to quantify the difference in my quality of life that Be Well yoga has made. I was attending classes long before they were “free” thanks to the generosity of Fallbrook Hospital Foundation and was astounded the first time I went to pay and was told “no”. I am a cancer survivor and am the parent of a son who survived stage IV metastatic bone cancer 26 years ago while a student at Fallbrook High. That son is newly diagnosed with new radiation caused spinal tumors and is currently ending tomorrow an 11 day hospital stay. Yoga has been tremendous help dealing not only with the everyday stresses of life but the life-challenging ones as well. As you can imagine there are tremendous financial demands attendant on living with cancer and supporting loves ones through their struggle with the disease. So this “gift” of Be Well yoga is indeed much appreciated.

~Marilyn Myers



Dear Fallbrook Regional Health District—

I would like to express my gratitude for your grant that lets me participate in weekly Yoga for Cancer Recovery. Though I joined the class only a month ago, this gentle approach to yoga, with alternative positions and tools to help maintain postures, seems to be just what I need to regain the strength and balance that I lost during my post-surgical therapies. Teachers Laura Small and Debbie Taylor have been wonderful at training class members to recognize the limits of our bodies and encouraging our progress.

I look forward to continuing these sessions and hope that Fallbrook Regional Health District will consider renewing Be Well Therapy’s grant to conduct these helpful classes.

Margot Dokken

I'm writing to express my appreciation for the Be Well Cancer Recovery yoga classes provided at Sage Yoga in Bonsall every Monday morning through the Fallbrook Health District. I had bilateral mastectomies last October for breast cancer and two follow-up surgeries. During my recoveries I was unable to exercise for six months and lost strength and flexibility in my upper body. When I was released to exercise I returned to some strength training but kept looking for ways to get my body back.

Fortunately I found the yoga cancer recovery classes and have been able to attend one each week. My strength, balance and flexibility have improved dramatically.

I was touched by the way Laura and Debbie teach through love and I have been able to use a lot of the things we practice during the week. Today we did a Group Tree Pose and supported each other; there is so much power in doing this work with other cancer survivors.

I look forward to starting off my week with these wonderful ladies every Monday and I'm spreading the word that the classes are there for us.

Thank you for this profound gift to my recovery.

Sincerely, Catherine Vinson



I am so grateful to the Fallbrook Health Foundation for the gift of the weekly yoga for cancer recovery class. I am a 43 year-old mother of two girls, and a fifth-year stage 4 colon cancer survivor. My cancer has never been in remission, and I have to be on continuous chemotherapy treatments, coupled with occasional radiation and surgeries in order to stay ahead of my tumors. I am fortunate to still be alive today thanks to modern medicine, but the treatments are harsh, and juggling those with the demands of parenting is at times very stressful. The yoga for cancer recovery class is a powerful tool to both manage side effects and stress. I return home from each class feeling renewed, energized, and hopeful.

Please let me know if there is anything that I can do so that this class continues to bless me and my fellow survivors.

Gratefully,

Carmen Rindfleisch



bewelltherapy
Sage Yoga Studios



Liked by **marybakeryoga** and **17 others**

bewelltherapy Did you hear?!?!?! Be Well was awarded a grant from the Fallbrook Regional Health District! The money awarded will go in part to being able to offer 3 FREE Yoga for Cancer Recovery



Describe your current treatment plan	I am a 5-year cancer survivor, had surgery, chemo, & radiation. I'm on Aromasin, with Atarax for side effects. I'm a recent LiveStrong participant at the Encinitas YMCA. Currently doing a 1-hour gym session (treadmill & strength equipment) 3 times per week. Walking (HIIT) and Qigong on the mornings not at the gym.
How has your cancer diagnosis impacted your	Reduced our income by more than half, resulting in bankruptcy.

THIS IS WHY OUR CLASSES ARE ALWAYS

Donation Based or FREE in Fallbrook

An application from a survivor to attend on a scholarship our Art at OMA event.

Be Well placed an Ad that ran in both the Village News and Temecula Newspaper on Be Well and the grant funded classes offered through the generous funding of Fallbrook Regional Health Center.

The above posts were both on Instagram and Facebook. FRHD and logo are listed on the Be Well website under sponsors.

Two banners have been made and we are awaiting approval at two locations for display- the banners acknowledge- classes funded by FRHD.