Team Survivor California is a Los Angeles based 501(c)(3) organization whose mission is to provide free exercise and fitness opportunities for adults living with cancer, creating an opportunity for movement, education, and connection in a welcoming and positive environment. TSC-LA welcomes people of all ages and fitness levels in all stages of cancer treatment and recovery, and many of [their] programs address the needs of medically underserved or low-income women.

As a Community Partner, Team Survivor California was invited to all RIMI trainings and events. In 2011, TSC-LA benefitted from an extensive program evaluation of their yoga program. The Executive Summary of the results is attached below. For the full report, please contact Jodi Brown, Ph.D. at [jodi.brown@csun.edu](mailto:jodi.brown@csun.edu).

**Executive Summary**

**The Surveys**

38 respondents (26 participants; 12 non-participants) completed the survey in either English or Spanish between November 2011 and January 2012. Non-participants completed only a standardized quality of life measure (FACT-G) while participants completed the FACT-G and a satisfaction survey.

**Who is Attending the Class(es)?**

Based on the results of this survey Team Survivor is serving primarily low-income, Hispanic women in their late 40s at the OVH + UCLA Hospital. There is no significant difference in quality of life scores between class participants and non-participants. The quality of life scores of participants at the Winnetka yoga class are significantly higher than those of hospital patients.

**Attendance**

The majority of hospital respondents (82%) heard about the class(es) through the Class Recruiter whereas “from a friend” was the most popular response for community class members (42%). In the hospital, 63% of respondents were attending class for the first time or had attended only one time previously, while 50% of the community class respondents had attended 4 or more times. All three yoga classes are well-attended with the number of participants ranging from 1-12 per class. The hospital classes average 4 participants per class while the community class averages 7 participants per class. Participants attend primarily for relaxation.

**Thoughts and Feelings about this Yoga Class**

Hospital respondents report that they are more relaxed (73%) and identified breathing (91%) as a skill they can use during their daily lives for relaxation. Like respondents from the hospital classes, 100% of the community respondents said they would recommend the class to their family and friends with one participant adding “I already have!” Whether Hospital or Community class, relaxation is the most important reason people participate in a Team Survivor yoga class, and breathing is the most important skill they identify as having learned. Having the opportunity to relax and “de-stress” is important to the participants in all of the yoga classes.

**Improving Team Survivor Service**

The dramatic difference between the hospital and community classes speaks directly to the flexibility of Team Survivor to meet the needs of constituents and the cancer community as a whole. Overall the participants truly enjoy their class: “Me encanto la clase de yoga,” “Pues yo siento que todo me ayudo en general porque yo benia muy tensa y estresado,” “Class is well run, I enjoy it imensly [sic],” “Muy bueno para los pacientes ☺.”

**Recommendations**

1. Maintain the Class Recruiters.

2. Use participant responses to open-ended questions in future grant applications.

3. Consider conducting a cost/benefit analysis, particularly on the community class.