Community/Public Service Worksheet

Service Category: Health and Wellness Programs

Title: Breast Cancer STRETCH Class

Primary UA Contact(s): Dr. John Jackson
(name)

University Recreation
(Office)

Community Partner(s) (if any): Vicki May
(name)

DCH Cancer Center
(Organization)

Program Description: Breast Cancer STRETCH Class
By partnering with DCH Cancer Center, University Recreation has been able to provide a well-structured class for breast cancer survivors while also providing a network and support system for the participants in the class. This is a wonderful support group that focuses on light cardio and weight lifting as well as stretching necessary for their recovery. The class meets on Tuesdays and Thursdays at 9:00am in studio A at the Student Recreation Center and it is free of charge for participants. University Recreation requires a doctor’s release before the individual can engage in physical activity and become a member of the class. Our instructors are highly trained individuals that provide a unique workout based on the participants needs and are trained to adapt to the participants as they see fit.

Objectives/Outcomes: Provide a free, safe and effective workout program for breast cancer survivors who have been referred from DCH Cancer Center.

Assessment Measures: Reported participation numbers

Results: 12 participants registered for the past academic year; Each class averages approximately 5 participants.

Conclusions: Retention in this class is pretty good from year to year. The per class cost to University Recreation is $17.00/class for the instructor plus the use of one group exercise studio. A per participant cost to UREC of about $3 per class is a good investment for the community outreach provided.
Improvement Actions: As retention rate for this class is relatively high, participation numbers could potentially be increased by encouraging DCH Cancer Center to refer and encourage more eligible patients to participate in this program.