

<b>NAME OF THE INTERVENTION</b>	Yoga in the Park
<b>5HF Element* to Impact</b>	Move More and Connect with Others
<b>Fiscal Agent</b>	Dexter Wellness Center
<b>Tax I.D</b>	26-3040367
<b>Implementation Contacts (2 or more required)</b>	Brett Pedersen
<b>Contact phones and emails</b>	734-424-4150 X 5002 pedersenb@dexterschools.org
<b>Date Funding Required</b>	April 2018
<b>Implementation Date</b>	June 2018
<b>Estimated Completion Date</b>	End of August 2018
<b>Total Amount Requested from 5HF</b>	\$3,000

<b>Criteria</b>	<b>Descriptions</b>
<p><b>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</b>  <i>Typically one paragraph and 3-5 sentences</i>  <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>Free outdoor yoga will continue to be held in Mill Creek Park every Saturday morning at 8 am in June, July, and August. Yoga in the Park continues to be a success and has significantly increase in attendance each year. We'd like to keep carrying that momentum forward and grow the program.</p> <p>Target population is Dexter area residents of all ages</p>
<p><b>2. How does this intervention address the needs identified by your community and the coalition?</b>  <i>Please be specific and refer to local data (i.e. HIP, MiPHY, PAC, NEAT, etc.) and/or the coalition strategic plan. Should include specific health/wellness indicators.</i></p>	<p>The 2015 HIP showed Dexter/Chelsea had the lowest percentage of adults who were physically active for 150 minutes or more per week among the 5 communities. Through the program we aim to increase the opportunities people have to be physically active through our free weekly classes. We work to ensure the classes are an inviting space that meets the needs of all ages and abilities. The classes also address Objective 3 of Dexter's 3 year strategic plan. The coalition endorsed the continuation of outdoor exercise classes because of its effectiveness as an intervention and its ability to raise awareness about the coalition.</p>
<p><b>3. What are the specific goals for the intervention?</b>  <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals)</i></p>	<p>Goal: To increase physical activity in the Dexter Community</p> <p>Yoga in the Park provides more opportunities for people to be physically active. Through the program we hope to move the dial and increase the number of individuals and families that</p>

<ul style="list-style-type: none"> <li>• <i>State what you are trying to accomplish,</i></li> <li>• <i>How you will measure progress toward and accomplishment of your goal</i></li> <li>• <i>Who is responsible for collecting the data?</i></li> <li>• <i>Why you think the goal is attainable</i></li> <li>• <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i></li> <li>• <i>What is the timeframe for achieving the goal?</i></li> <li>• <i>See <a href="http://www.wikihow.com/Set-SMART-Goals">http://www.wikihow.com/Set-SMART-Goals</a></i></li> </ul>	<p>participate in regular physical activity. We feel we are making good progress towards this goal as the number of participants continues to grow year by year. The program also provides a social opportunity for participants to connect with others in their community.</p> <p>Goals are measured by Wellness Center Staff. This includes collecting attendance at each class and conducting a survey at the end of each season. This data and feedback has been valuable in identifying trends and gauging the overall experience for participants</p> <p>Classes will start in June 2018 at Mill Creek Park and conclude in August 2018</p>
<p><b>4. What key data will be collected, analyzed, and used to evaluate the intervention?</b>  <i>Should include:</i></p> <ul style="list-style-type: none"> <li>• <i>Units of Engagement</i></li> </ul> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>Along with Units of engagements, attendance numbers and participant perception and behavior surveys will be conducted by wellness center staff.</p>
<p><b>5. What are the estimated Units of Engagement for the intervention?</b>  <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i>  <i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>UNITS OF ENGAGEMENT DO NOT NEED TO BE CALCULATED FOR INFRASTRUCTURE (i.e. parks, sidewalks, trails, etc).</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>In 2016 we averaged 44 participants per class. A total of 565 for the whole season.</p> <p>44 participants x 12 sessions x 1 hour = 528 Units of Engagement projected</p>
<p><b>6. Who (specifically) will be responsible for what aspects of intervention implementation?</b>  <i>Please provide names for those responsible for:</i></p>	<p>Brett Pedersen – Coordinator/Marketing          Shannon Pedersen – Marketing          Angela Sargeant – Fiduciary Agent/Instructor and Supervisor Coordination</p>

<ul style="list-style-type: none"> <li>• <i>Obtaining all required permits and permissions and all other communication required</i></li> <li>• <i>Deciding on dates, times, locations</i></li> <li>• <i>Marketing – both developing and distributing marketing materials</i></li> <li>• <i>Recruiting necessary volunteers</i></li> <li>• <i>Developing tools to collect data and pictures</i></li> <li>• <i>Analyzing data collected</i></li> <li>• <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i></li> <li>• <i>Preparing and presenting presentations and reports</i></li> <li>• <i>All other specific tasks for this intervention to be successful.</i></li> </ul>	<p>Timeline            April/May 2018- T-shirt Design and Ordering, Marketing Efforts Begin, replenish old marketing materials that need to be updated (Signs, Flyers, etc.)            June 2018- Intervention Begins            September 2018 – Intervention Ends</p>
<p><b>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention?</b>  <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>Approval from the City of Dexter for use of park space.</p>
<p><b>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability).</b>  <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>Dexter Wellness Center – Angela Sargeant            Dexter Wellness Coalition – Brett Pedersen            City of Dexter – N/A            Creative Cycle – Shannon Pedersen</p>
<p><b>9. If this is a continuing intervention:</b>            A. How many years has this intervention been funded by the coalition?            B. Have the outcome(s) been presented to the</p>	<p>This is the fifth time we are requesting funding, third Year for Yoga in the Park.             The outcomes have been presented annually at the Fall coalition meetings and submitted to 5HF by Brett Pedersen.</p>

<p>coalition and the report(s) been submitted to 5HF?  <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to 5HF?</i>                  C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding).                  D. Has the amount requested from the coalition increased or decreased? Why?                  E. How many more years will this intervention request funds from the coalition?</p>	<p>This year we have decided to eliminate the fitness class due to low attendance numbers. We tried moving the day and time of the fitness class last year, but through observation and survey found that this had little effect. Alternatively we have seen steady growth in the Yoga classes and have decided to focus solely on growing this program for the coming year.</p> <p>The amount decreased this year due to the removal of the fitness class programming.</p> <p>The intervention will continue to ask for funding going forward. We are open to exploring the idea of seeking corporate partnerships but would need help in how to do this when the fiduciary agent is the wellness center. In addition, we would need volunteer with the time to actively seek and meet with potential sponsors, something we currently do not have.</p>
<p><b>10. Does your intervention have a sustainability plan?</b>  <i>How the intervention will be sustained if the coalition does not grant/renew funding?</i></p>	<p>We would not be able to continue the program without 5HF funding.</p>
<p><b>11. Provide citation(s) of similar programs used as a model in developing this intervention.</b></p>	<p>Guerilla Yoga in Minnesota is the program that was the inspiration for the program along with the previous years of success we have had with the Yoga in the Park program.</p>

~ INSERT A BUDGET which shows all expenses, revenue and in-kind contributions\*. Please also indicate which expenses will be covered by the funds from the 5 Healthy Towns Foundation.

\* Note: Examples of in-kind contributions include volunteer hours, use of space, items, etc.

Description	Cost
Instructors (Yoga)	\$525.00
Member Service Staff (Yoga)	\$300.00

T-shirts (Marketing/Retention)	\$1,500.00
Marketing and Additional Expenses(Posters, Mailings, Banner, Radio, Speaker, Batteries)	\$675.00
<b>Total</b>	<b>\$3,000.00</b>

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	<b>\$3,000</b>	<b>100%</b>
Total funds from other sources		
Marketing/Advertising	<b>\$2,175</b>	<b>73%</b>
Compensation – to one or more people	<b>\$825</b>	<b>27%</b>
Infrastructure (structure that lasts 5 years or more)		
Other expenses		

Plan Year	Amount granted	Amount Spent	Amount carried over	Amount returned to SHF
Year 1				
Year 2	<u><b>1,066</b></u>	<u><b>1,066</b></u>		
Year 3	<u><b>4,280</b></u>	<u><b>3,191</b></u>		<u><b>1,089</b></u>
Year 4	<u><b>Fitness Festival</b></u>			
Year 5	<u><b>Fitness Festival</b></u>			