**Cancer Survivors Park Alliance**
**Program Guiding Principles**

**How We Choose Our Programs**

At Cancer Survivors Park Alliance (CSPA), we are thoughtful about the programs we offer. Each program is reviewed by our Program Committee and selected based on the following guiding principles:

- **Aligned with Our Mission:** Programs should support our mission to engage, educate, empower, and enhance the lives of all those touched by cancer.
- **Rooted in Lifestyle Medicine:** Programs align with one or more pillar(s) of Lifestyle Medicine, including nutrition, physical activity, stress management, restorative sleep, social connection, and avoidance of risky substances.
- **Evidence-Informed:** We prioritize programs that are grounded in credible, research-based information, including guidance from organizations like the American Cancer Society and National Cancer Institute.
- **Safe & Supportive:** Programs are led by qualified facilitators, contracted by CSPA, and create a welcoming, accessible environment for all participants.
- **Community Need:** We look for programs that fill a need in our community.
- **Capacity & Resources:** Programs must fit within our available space, staffing, and budget.
- **No Sales or Promotion:** Programs are not used to promote personal businesses, products, or services.