



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAMPSHIRE REGIONAL YMCA

PRESCRIBE THE Y REFERRAL FORM

Step 1: Medical provider signs the referral form for the patient.

Step 2: Patient contacts the YMCA Wellness department to schedule an initial intake.

Step 3: Patient brings signed referral form to the intake with a Y Wellness staff person.

Together they complete the intake and activate the patient's YMCA membership.

Provider

Cleared with following restrictions: _____

Provider Signature: _____

Patient

First Name _____ Last Name _____

Email _____

Phone _____

Your Doctor's Name _____

I agree and request that the information on this form be released to the Hampshire Regional YMCA for the purpose of referring me to a wellness program. I have the right to revoke this authorization at any time by writing to the healthcare provider I have listed on this form, except to the extent that action has already been taken based on this authorization.

Patient Signature _____ Date _____



QUESTIONS? Contact:

Jennifer Allen, Wellness Director

P: 413.584.7086 ext.125

E: jennifer.allen@hrymca.org

WWW.HRYMCA.ORG



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Based on guidance from providers and participant goals, we have a variety of programs to support different needs. Individualized tracks are also available to support participants through weight loss and developing healthy habits. These may include regular meetings with a wellness coach, group exercise classes, nutrition coaching and small group programs.

LIVESTRONG® AT THE YMCA

Regain strength, stamina and confidence in a supportive, small-group atmosphere with certified trainers. HRYMCA offers this evidence-based program at no charge to anyone 18 years or older who has been through cancer treatment. Participants also receive a 12-week, complimentary membership to the Y. Classes meet twice a week and trainers help each participant based on their individual needs and personal goals. A pre-program intake meeting and signed medical clearance is required.

ENHANCE FITNESS

An evidence-based, arthritis-friendly exercise program that help participants improve stamina, strength, balance and flexibility in a fun, social environment. Classes meet three days per week for one-hour. Pre and post program assessments allow participants to track individual progress. Chairs are used for support as needed.

PARKINSON CYCLE PROGRAM

Research has shown that cycling, especially pedaling at a rate faster than your own voluntary cadence, has benefits for those with PD. The Parkinson Cycle Program at the Hampshire Regional YMCA is designed to be a fun, safe way to pedal and build lower body strength with instructor support, as well as connect with other members of the PD community. This group exercise class is taught by a trained Parkinson Cycling coach. A pre-program intake meeting and signed medical clearance is required.

PARKINSON EXERCISE PROGRAM

This class incorporates exercises from an evidence-based program from the Boston University Center for Neurorehabilitation. Led by certified personal trainers who have been trained by Debra Ellis, MS PT, NCS, this class is taught in a small group setting and addresses strength, balance and flexibility. A pre-program intake meeting and signed medical clearance is required.

FIRST STEP BACK

This program is designed for anyone pre/post-surgery, post stroke, spinal cord injuries, head injuries or anyone in need of one on one assistance with an exercise program at the HRYMCA. Our certified personal trainers work with Physical therapist, Tom Bianco to understands the needs of individuals with a variety of medical conditions. After an initial evaluation with Tom, participants will meet with a trainer to execute their treatment plan.

AQUA ARTHRITIS PROGRAM

This gentle water exercise program is designed for people with arthritis and other related conditions, but is great for anyone who is ready to join a low intensity class. You'll strengthen and tone your muscles, increase your flexibility and range of motion to carry out daily tasks more efficiently. This class also helps reduce the pain associated with arthritis, fibromyalgia, and other joint and muscle conditions. Enjoy the buoyancy of water, an ideal environment for relieving pain and stiffness. This program will give you a low to moderate level cardiovascular workout. No swimming skills required.

Call 413.584.7086 x 125 for details with cost associated with each program.