



# 2016 REFERRAL & INTEREST FORM

Branch: \_\_\_\_\_

Name: \_\_\_\_\_

DOB: \_\_\_\_\_ M/F: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip code: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Cell # \_\_\_\_\_ Home/Work #: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency #: \_\_\_\_\_

## PERSONAL INFORMATION

When were you first diagnosed: \_\_\_\_\_

What cancer were you diagnosed with: \_\_\_\_\_

Is the cancer in remission: \_\_\_\_\_

Are you currently receiving treatment: \_\_\_\_\_

What treatment are you receiving: \_\_\_\_\_

What is the timeframe of the treatment: \_\_\_\_\_

Which hospital are you treated by: \_\_\_\_\_

Which doctor(s) are you treated by: \_\_\_\_\_

### Program Information:

LIVESTRONG™ at the YMCA is a free 12-week small-group fitness program for adult cancer survivors. We focus on improving cardiovascular fitness, strength and balance to regain overall health. Classes meet twice a week for 75 minutes. You will receive a free Y membership for the session's duration. If you are a cancer survivor, or know someone who is, please contact us at [LIVESTRONG@vosymca.org](mailto:LIVESTRONG@vosymca.org).

Please bring this form to a participating YMCA facility or scan it to [LIVESTRONG@vosymca.org](mailto:LIVESTRONG@vosymca.org).

If you need more information, feel free to call us at 602-404-9622 (General information) or 602-212-5171 (LIVESTRONG program information). You can also visit our website [valleyYMCA.org](http://valleyYMCA.org).

### Prior to Participation, We Must Receive a Signed:

- Intake Form
- Medical Clearance Form
- Medical Information Form
- Informed Consent Form
- Signed Waiver

Signature

Date



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### LIVESTRONG™ AT THE Y TALKING POINTS

#### WHAT IS LIVESTRONG?

LIVESTRONG™ is a national organization that helps cancer survivor and their families through and beyond a cancer diagnosis. LIVESTRONG has partnered with the YMCA since 2007. To date, more than 400 YMCAs have a LIVESTRONG at the Y program and it continues to grow.

#### WHAT IS LIVESTRONG AT THE YMCA?

LIVESTRONG™ at the YMCA is a free small group fitness program for adult cancer survivors that helps them ease back into fitness and improve their quality of life. Each 12-week session is comprised of classes that meet for 75 minutes two times per week. A free Y membership is included for the duration of the sessions. Class size is limited to 12 participants per session.

#### HOW DOES THE PROGRAM WORK?

LIVESTRONG at the YMCA focuses on the whole person - not the disease. The free, 12-week program meets twice a week using traditional exercise methods to help participants:

- Improve energy levels and self-esteem
- Build muscle mass and strength
- Increase flexibility and endurance
- Improve ability to do everyday tasks
- Develop an on-going fitness plan to continue practicing a healthy lifestyle

#### WHO ARE THE INSTRUCTORS?

LIVESTRONG at the YMCA staff have been specially trained to work with cancer survivors and patients. They are exercise experts who understand the unique physical needs and concerns of the participants. They are also relationship builders with the empathy and the ability to connect with and develop relationships with cancer survivors and their families.

#### WHAT IS THE CRITERIA FOR PARTICIPATION?

- A strong personal desire and a commitment to participate in the program
- Treating physician informed of the participants' plan to join the program
- Permission granted for LIVESTRONG at the YMCA staff to contact physicians or health care providers as needed

#### WHERE AND WHEN IS THE CLASS OFFERED?

- Monday & Wednesday 10:00am at Chandler-Gilbert Family YMCA
- First session begins Monday, February 22<sup>nd</sup>
- Last day to register is March 7<sup>th</sup>

#### WILL LIVESTRONG CLASSES BE OFFERED AT MY BRANCH?

As we continue to build the program, classes will be offered at several Valley of the Sun Y branches, including Yuma and Flagstaff.

#### REGISTRATION AND INFORMATION

The registration is easy. Please call: 602-212-5171 or e-mail: [LIVESTRONG@vosymca.org](mailto:LIVESTRONG@vosymca.org)