



enjoy 6 months of membership at **acac!**

Unite for HER provides all participants with a 6 month membership to **acac** Fitness & Wellness Center. You'll enjoy full access to the amenities at both **acac** West Chester and Eagleview!

PLUS:

- Your first 60 days of membership include a guided intro to exercise through **acac's p.r.e.p.®** program:
- 2 small group training sessions per week
 - 1-on-1 nutrition education with a registered dietitian
 - rewards for completing assessments, including **acac** gift cards and free personal training sessions

West Chester

1130 McDermott Drive
West Chester, PA 19380
phone 610.431.7000
fax 610.884.7909

Eagleview

699 Rice Blvd, Suite 100
Exton, PA 19341
phone 610.425.3188
fax 610.884.6170



p.r.e.p.[®]

- General Health Track
- Diabetes Management Track
- Healthy Hearts Track
- Postnatal Track
- Arthritis Track
- Aquatic Track
- Cancer Track

p.r.e.p.[®]are

- Bariatric Track
- Hip Surgery
- Knee Surgery
- Prenatal Track
- Other

* p.r.e.p.[®]are patients are eligible to come back and do p.r.e.p.[®] within a 2-year period. Ask a p.r.e.p.[®] Membership Coordinator for details.

Patient is cleared for unsupervised exercise. If there are any precautions/special conditions please list here.

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Patient Information

Patient name.
Patient phone
Date of Birth / /

Fax completed form to patient's acac Fitness & Wellness Center location:

Albemarle Square
phone 434.978.3800
fax 434.978.4982

Crozet at Old Trail
phone 434.817.2055
fax 434.817.2059

Downtown
phone 434.984.3800
fax 888.259.4513

Eagleview
phone 610.425.3188
fax 610.884.6170

Green Spring
phone 443.632.0328
fax 410.630.5608

Hunt Valley
phone 410.584.7888
fax 410.584.8188

Midlothian
phone 804.378.1600
fax 804.794.8160

Short Pump
phone 804.464.0990
fax 804.980.7849

Timonium
phone 410.453.9111
fax 410.453.0109

West Chester
phone 610.431.7000
fax 610.884.7909

Provider Information

Provider name (print)
Provider signature, **X**
SIGN HERE **DEGREE**
Date / /
Provider phone
Provider fax.

You will receive progress reports on your patients.

Provider Stamp