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127 E Chestnut Street  
West Chester, PA 19380

### UFH/North Penn YMCA Physician Referral Authorization

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

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\_\_\_ (Initial) I authorize the North Penn YMCA to share monthly frequency reports with Unite for HER in order to remain eligible for Unite for HER funding.

**Patient Information:**

Name: -----

Phone: -----

Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**Medical Provider Information:**

Name (print): -----

Signature: -----

Offer includes six-month individual membership. Be sure to mention you are a Unite for HER participant and bring identification and voucher to your first visit. You must use the facility four times per month in order to keep the membership active. If you have questions regarding this program, please contact unite for HER at info@uniteforher.org.

**Please bring this completed form to your first visit in order to begin your membership.**

**YMCA STAFF**

Sign up as Full Member (Adult/65+)  
UFH Code

**Indian Valley Family YMCA**

890 Maple Ave  
Harleysville PA 19438

Robert Dellavecchia, Membership Director  
robertd@northpennymca.org

Donnalea Pyrzs, Program Director  
donna@northpennymca.org

**Lansdale Area Family YMCA**

608 East Main Street  
Lansdale PA 19446

Janelle Coller, Membership Director  
janellec@northpennymca.org

Rhonnie Williams, Membership Coordinator  
rhonnie@northpennymca.org

Karen King, Wellness Center  
Karenk@northpennymca.org

Hello!

We would like to welcome you to the North Penn YMCA and look forward to having you join our Y family! As part of your participation with Unite for HER, you will receive a six month individual membership.

The North Penn YMCA will provide you with a personal Y Coach\* to help you navigate all areas of our Y and help you to connect with our staff and members to support you through your wellness journey.

\*At the Indian Valley Family YMCA, you will be connected with a specially trained certified coach who will tailor the program to meet your individual needs, whether it's building muscle mass and strength, increasing flexibility and endurance or improving confidence and self-esteem. New exercises are added gradually.

At some point in your journey we will encourage you to join our LiveSTRONG at the YMCA Program at our Indian Valley branch at no additional cost to you. LiveSTRONG at the YMCA is a 12-week program designed to empower cancer survivors, improve their muscle mass, strength, energy levels, and quality of life.

Please contact one of the YMCA staff above if you have any questions about getting started.