



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PREVENT RESTORE REHAB

Medical Based Fitness

YMCA Healthy Living Center

12493 University, Ave., Clive, IA 50325

Phone: (515) 645-3350

Fax: (515) 224-2907

Date _____

Patient Name _____

DOB _____ Phone Number _____

Diagnosis/ICD-9 _____

- EVALUATE & TREAT
- Physical Therapy
- Aquatic Therapy
- FES Bike
- Vestibular Rehab
- Medical-Based Exercise Programs
 - Pain Management
 - LIVESTRONG® at the YMCA
 - Stroke Recovery
 - Neuro Wellness
 - Weight Management/
Diabetes Prevention
 - Heart Health

Comments _____

Physician Signature _____

Clinic Name _____

Phone Number _____