



Unite for HER/North Penn YMCA Physician Referral Authorization

☐ Patient is cleared for unsupervised exercise. (Please check box if accurate.)

Precautions/limitations/special conditions we should be aware of:

Patient Information:

Name: _____

Phone: _____ Date of Birth: ____/____/____

(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.

Physician/Medical Provider Information:

Name (print): _____

Signature: _____

Date: _____ Phone: _____

Offer includes YMCA 6-month individual membership with personal Y Coach* to help you get connected and navigate our YMCA.

- Please select the North Penn YMCA location that is most convenient for you.
- You must use the facility at least four times a month in order to keep your membership

Be sure to present this certificate from Unite for Her and bring photo identification with you on your first visit.

YMCA STAFF

Sign up as Full Member (Adult/65+)

UFH Code



Indian Valley Family YMCA

890 Maple Ave
Harleysville PA 19438
215.723.3569

Lansdale Area Family YMCA

608 E Main St
Lansdale PA 19446
215.368.1601

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.

Please contact DonnaLea Pyrz by email at donnap@northpennymca.org or 215.723.3569 if you have any questions about getting started.

