



YMCA Exercise is Medicine® Program

PRESCRIPTION FOR EXERCISE

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LOCATIONS: Kelowna Family YMCA
H₂O Adventure + Fitness Centre
Kelowna Downtown YMCA

375 Hartman Rd
4075 Gordon Dr
1011-505 Doyle Ave

Patient Information

Name: _____

Date: _____ DOB: _____

Email: _____ Phone: _____

Referring Practitioner

Name (if applicable): _____ Phone: _____

R_x

Medical Conditions / Recommendations / Limitations:

Doctor Signature

Print Name

☐ Yes, I'd like to receive feedback

☐ No, I don't need feedback