

**BOARD OF DIRECTORS**

**Chair**

Stephen Smith

**Member**

Gina Pongetti Angeletti  
Darlene Bingham  
Andrew Brickman  
Dick Burridge Sr.  
Thomas Cranmer  
Vineet D'Souza  
Thomas D. Grusecki  
Molly Haunty  
Melanie Hellinga  
Monte Henige  
Christy Hernandez  
Lauren Ferrara Houder  
Mahrukh Hussain  
LaToya McGhee  
Briana Brandt Murray  
Curtis Reed  
Adam Schaeffer  
Elizabeth Sharp  
Julie Thick  
Kevin Thilborger  
Arpi Thukral  
Shawana Ward

**CHIEF EXECUTIVE OFFICER**

Lisa K. Kolavennu, MA, LCPC

**LIFETIME TRUSTEES**

Terri and Dick Barrett  
Henry G. Bates  
Robert H. Baum  
Susan and Ken Beard  
Katherine and Michael Birck  
Mary Grace and Kevin Burke  
Nan and Dick Burridge Sr.  
Brenda K. Duncan  
Bethanne and Rick George  
Lynne and A. William Haarlow III  
Suzanne and James N. Hallene  
Jenna and Ken Julian  
Allison and Robert C. Knuepfer III  
Allen Koranda  
Kay and Fred Krehbiel  
Robin and Thomas S. Lee  
Tornie and Stu MacKay  
Marcia and Thomas McCormick  
Edward T. McGowan  
Sarah and Eddie Opler Valerie  
and John Paro William Walker  
Lorraine Wolfe

Dear Physician,

Thank you for considering the approval of your patient to participate in the following programs.

**Wellness House Exercise Programs**

**Strong research supports exercise during cancer to improve immune function, pain, fatigue sense of physical and psychological well-being, and in some cases, survivorship. Exercise programs are offered in a safe, supportive environment to help participants cope with the cancer experience. Instructors are credentialed fitness specialists**

**Exercise During Cancer Tx is designed to improve activities of daily living and reduce cancer treatment related side effects**

**Exercise After Cancer Tx offers all around conditioning to maintain or improve overall fitness**

**Breast Cancer Exercise is specific to breast cancer recovery with attention to lymphedema**

**Prostate Cancer Exercise is specific to prostate cancer recovery with attention to pelvic floor health**

**Bodyweight Exercises for Strength and Balance is designed to maintain or improve balance, coordination without equipment**

**Restore Your Core After Cancer focuses on rebuilding core muscles after cancer**

**Pilates and Nia include beginner to immediate exercises**

**Qigong, Tai Chi, Chair Yoga, Mat Yoga, and Stretching through Cancer focus on mind body movement practices to promote stress reduction an relaxation as well as increase strength, flexibility, and balance**

**Fitness Assessments are offered to interested participants as a way to evaluate fitness, ensure proper class placement, set fitness related goals and monitor fitness changes**

**The first 15 to 30 minutes of most classes consist of aerobic exercise using stationary bicycles, treadmills, Nustep, rebounders, or ellipticals. The remaining 30 to 45 minutes involve instructor- led group exercises that may include chairs, weights, bands. Balls, mats, steps or other fitness equipment. The emphasis is on moderate, gradual, consistent effort focused on health- related fitness with special attention to safety. Wellness House encourages participants to seek individual physical therapy for rehab needs.**

**Wellness House Wellness Tune- Up Programs**

**Experienced and trained therapists offer individual, 45 minute sessions that are gentle and fully clothed for the purpose of stress reduction or relaxation.**

**Massage Therapy involves manual techniques to manipulate the muscles and soft tissues**

**Acupuncture utilizes sterile needles and is done in a clean, safe environment**

**Thank you for supporting your patient's interest in Wellness House programs. We also offer many other cancer wellness programs that compliment medical treatment: support groups, expert speakers, nutrition programs, mind-body classes and much more. All programs and services are provided at no cost to those actively seeking to overcome and effects of cancer.**

Sincerely,

Jadyn Chipman, ACSM, GEI, ACSM/ACS CET  
Exercise and Stress Management Manager  
jchipman@wellnesshouse.org  
630.654.5116

**Physician Medical Release  
Exercise and Wellness Tune Up Programs**

**To Be Completed by Participant:**

Date \_\_\_/\_\_\_/\_\_\_ Patient name \_\_\_\_\_ Birthdate \_\_\_/\_\_\_/\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

I (print name), \_\_\_\_\_ authorize my physician to provide any necessary personal information to Wellness House for the purpose of participation in the exercise program, massage therapy, and/or acupuncture.

Patient Signature \_\_\_\_\_

**To Be completed by Physician:**

Wellness House Exercise Program Consists of:

- Supervised aerobics: stationary bike, treadmill, elliptical, rebounder, hand cycle
- Instructor led muscular strength/endurance, balance, and flexibility training
- Self-directed aerobic, resistance, and flexibility training during open gym times
- Voluntary Fitness Assessments

**Blood Pressure**

Blood pressure within ranges of systolic 90 to 140 and diastolic 60 to 90 are required to complete a voluntary Fitness Assessment. If participant is known to experience blood pressure out of this range, please indicate that it is acceptable to complete an assessment when blood pressure is within the following ranges: Systolic \_\_\_ to \_\_\_ Diastolic \_\_\_ to \_\_\_\_\_. Blood pressure monitoring prior to regular exercise class is available upon request

**Wellness House Massage and Acupuncture consist of:**

Lightly fully clothed 45 minute sessions for relaxation

Physician approves of the aforementioned patient participating in Wellness House exercise programs, massage, and/or acupuncture  
Please list specific restrictions:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Print Physician's Name** \_\_\_\_\_

**Physician's Signature** \_\_\_\_\_

**Medical Office Name/Affiliation** \_\_\_\_\_

**Medical Office Phone Number** \_\_\_\_\_

For questions regarding medical release, please call Jady Chipman, Exercise and Stress Management Manager, at 630.6 54.5116.  
Forward faxes to 630.6 54.5345.