

Dear Physician,

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

Wellness House Exercise Program

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 trainers.

Exercise for Getting Well is designed to improve activities of daily living and reduce cancer and treatment related side effects

Exercise for Staying Well offers all-around conditioning to maintain or improve overall fitness

Fitness Assessments are offered to interested participants as a way to evaluate the five components of fitness, set fitness related goals and monitor fitness changes. PERFORMED AT HINSDALE LOCATION.

Exercise for Getting Well and Exercise for Staying Well are 45 minute, instructor-led group classes that involve standing and/or seated exercises that emphasize moderate, gradual, consistent effort focused on health-related fitness with special attention to safety. Wellness House encourages participants to seek individual physical therapy for specific rehab needs. Please complete the attached **Physician Medical Release Exercise Programs** form granting consent for your patient to participate in these classes. Please FAX the completed form to Anna Blazevic, Program Coordinator at 630/654-5345.

Wellness House Mind-Body Movement Program

Tai Chi Fundamentals, Chair Yoga and Mat Yoga focus on mind body movement practice to promote stress reduction and relaxation as well as increase strength, flexibility and balance. These classes do not require medical clearance. However, participants are required to sign an **Informed Consent Waiver** in order to join these classes.

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

Sincerely,

Ikea Johnson, Community Relations Advocate
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