



Prisma Health
Tuomey Hospital

PRISMA HEALTH

ACTIVITY PRESCRIPTION YOUR DOSE FOR GOOD HEALTH

Exercise Is Medicine

People who are physically active not only live longer, but can better manage symptoms of disease and prevent the onset of chronic diseases. This program provides individuals with access to the facility and programs to help transition smoothly from a clinical setting, like physical therapy, to a community setting.

Registration opens and operates monthly

Physical activity prescription from a physician is required.

Fee: No cost to participant with referral

Limit: 5 participants per month

No repeats allowed



Upon completion, if participant joins the Y as a member within 30 days of completing this program, the joining fee is waived.

Contact Allyse Proctor with any questions at 803-774-2486 or aproctor@ymcasumter.org



SUMTER FAMILY YMCA 510 Miller Road Sumter, SC 29150
803-773-1404 ymcasumter.org

Financial Assistance is available to those who qualify through our Open Doors Scholarship program.
Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



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Program Referral

(have your physician complete this form or you may bring a doctor's referral)

PARTICIPANT'S NAME: _____

PHONE NUMBER: _____

DATE OF BIRTH: _____

Please check requirements for eligibility:

- Age 15 years or older Y/N
- Has completed physical therapy Y/N
- Has a written exercise prescription Y/N

Referring Physician for Physical Activity: _____

ADDRESS: _____

PHONE #: _____

Referring Physician Signature _____/_____/_____
Date

Participant Signature _____/_____/_____
Date

*I authorize the use and disclosure of my health information for the purpose of this program.

Bring this referral to the YMCA of Sumter member service desk to register for the program.
510 Miller Road, Sumter