



L I V E S T R O N G<sup>®</sup>  
A T T H E Y M C A



Moving for  
Better Balance



Blood Pressure  
Self Monitoring

## Evidence Based Health Program Enrollment Form

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Please enroll me in:

- Blood Pressure Self Monitoring (**Free** 4 month program with free monitor)
- Enhance Fitness (**Free** 16 week arthritis management/falls prevention)
- Moving for Better Balance (**Free** 12 week falls prevention/Parkinson's)
- LiveSTRONG at the YMCA (**Free** 12 week cancer survivor program)
- Pedaling for Parkinson's (Free 12 week symptom reduction program)

I am a Y Member

I am not currently a Y Member

---

*Complete this section ONLY if NOT a current Y Member:*

Address: \_\_\_\_\_

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

**Enhance Fitness** M/W/F 11:30 am; **Moving for Better Balance** T/Th 11:30 am  
**LiveSTRONG at the YMCA** T/TH 5:30pm; **Blood Pressure Self Monitoring** Flexible

All programs start October 1! Register today. **Free for the Entire Community.**