

# Programme management

# YWCA P2

## Medical Approval Form

(to be signed by general practitioner or specialist)

Encore is a non-medical exercise and support programme for any woman who is at least eight weeks post-breast cancer surgery. It consists of gentle floor and pool-based exercises.

The exercises have been developed in consultation with relevant health professionals.

All programmes are delivered by trained Encore coordinators who also have first aid and CPR qualifications.

Medical approval is sought before a woman may participate in the programme and you are asked to complete and sign the form below. If you require any additional information about the programme please contact the person named at the bottom of this form.

I (print full name of physician)

\_\_\_\_\_ give approval for (print full name of participant)

\_\_\_\_\_ to participate in the YWCA Encore programme.

Are there any recommended limitations? (please tick)

Yes  No

If yes, please specify:

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

For more information on the YWCA Encore programme please contact:

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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

