

A physician referral is required for participation. To submit your completed referral, bring it on your first visit, fax to [877-931-7975](tel:877-931-7975) or upload a photo/scan form to unthsc.edu/fitsteps-referral

Patient Name: _____

Today's Date: _____ DOB: _____ Gender: _____

Email: _____

Phone Number: _____

Street Address: _____

City/Zip: _____

Diagnosis: _____

Cleared For: Exercise Massages Nutrition Meals

Restrictions: _____

Physician Name (Printed): _____

Physician Signature: _____

For questions contact fitsteps@unthsc.edu or [817-735-0550](tel:817-735-0550).

How can you make a difference?

FitSteps for Life has received initial funding support from Cancer Foundation for Life, Rutledge Cancer Foundation and UNTHSC Foundation. Additional community support is needed to sustain the program over time.

To learn more, contact:

UNTHSC Foundation ([817-735-5126](tel:817-735-5126); unthsc.edu/outreach/giving)

or Rutledge Cancer Foundation ([682-312-5514](tel:682-312-5514); rutledgecancerfoundation.org).

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