



**Public Health**  
*Prevent. Promote. Protect.*  
Seneca County, NY

## Step Up Seneca Get Active Be Well Referral Form

The New York Chiropractic College (NYCC) and Seneca County Public Health Department have partnered to improve the health and level of physical activity among Seneca County Residents. Six month memberships to the NYCC Athletic Center are being offered to Seneca County families and individuals who meet specific criteria. Some of the criteria include a willingness to improve your health through increased activity and/or nutritional guidance. Once a referral is received a phone call will be initiated by the program manager Mary Jo Flynn, MS, RN to discuss the program in detail and complete a brief interview. If you are accepted into the program you will need to make an appointment at the Health Department for privacy consents and an initial confidential height and weight.

Referral form may be completed by phone, fax, or mailed to:

Seneca County Public Health Department

Attn: Mary Jo Flynn, MS, RN

31 Thurber Drive

Waterloo, New York 13165

Office: (315) 539-1920 Fax: (315) 539-9493 Hours: Monday through Friday 8:30am-5:00pm

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\_\_\_\_\_ Individual referral      \_\_\_\_\_ Family referral      Date of referral: \_\_\_\_\_

Name: \_\_\_\_\_

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

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

If this is a family referral names of children with ages:

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

How did you hear about the program? \_\_\_\_\_

If referring an individual or family they should be informed and accepting of this referral.

Referred by : \_\_\_\_\_ Date: \_\_\_\_\_

Phone and/or e-mail: \_\_\_\_\_

Name and contact information