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COMMUNITY WELLNESS PROGRAMS

Chicago Park District Fitness Prescription Program

The Chicago Park District (CPD) provides free 3 month memberships (one-time use only) at their Fitness Centers for people with obesity-related diseases. They require doctors to write a prescription (using regular prescription pad) for exercise for an obesity-related disease, stating:

1. the obesity-related disease,
2. the type of exercise they are recommending,
3. and the person's BMI (must be greater than 26).

The person can then take the prescription directly to the Chicago Park District Fitness Center where they are seeking membership. The supervisor at the fitness center should be able to assist them with their membership and fax any required paperwork to the corporate office. People do not need to travel to the CPD corporate office to have their membership processed.

Please contact Raquel Maldonado, Wellness Program Specialist at the Chicago Park District, @ (312) 742-4970, or (312) 735-9054 if you have any questions.

Y Scholarships

Annually, the Y of Metro Chicago awards \$3–4 million in scholarships to help people participate in programs they couldn't otherwise afford. It's their goal to make Y programs and services available to everyone regardless of ability to pay.

A waiver or reduction of fees is available subject to facility and program capacity, and demonstrated need, without regard to race, color, nationality, religion, gender, age, or disability.

Please call or [visit your local Y](#) for more information or to apply for assistance.