

DISCLAIMER

Mo'ving with Mo for Mental Health – May 5th 10am

The class provided by Maureen Hagan/Canfitpro is for educational and entertainment purposes only, and are not be interpreted as a recommendation for a specific treatment plan or course of action.

Exercise is not without risks and this or any other exercise program may result in injury. They include but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect of over-exertion such as muscle strain, abnormal blood pressure, fainting, disorders of heartbeat, and very rare instances of heart attack. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions. The exercise instruction and advice presented in the classes are in no way intended as a substitute for medical consultation. Maureen Hagan/Canfitpro disclaims any liability from and in connection with the class.

As with any exercise program, if at any point during the class you begin to feel faint, dizzy or have any physical discomfort, you should stop immediately and seek medical advice.

Please take note of the following precautions before taking the class:

To reduce and avoid injury, you will want to check with your doctor before beginning the classes. By participating in the class you are doing so at your own risk. Maureen Hagan/Canfitpro will not be responsible or liable for any injury or harm you sustain as a result of our class.

Please use good judgement and common sense when taking the class, consider your level and ability and choose the appropriate level of the exercises and rest when you need to. Please ensure you are in a clear space with no obvious hazards, with ventilation, appropriate lighting and access to water.

By registering for this event, you confirm to abide by the terms of this disclaimer.