Please complete the form and return to [heather@heathershealthcoaching.com](mailto:heather@heathershealthcoaching.com) prior to course commencing.

Welcome. During the coming six months, you will learn ways to help yourself achieve a healthier diet and lifestyle. Please read the following. If anything is unclear, please ask.

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This Agreement is made today between the Coach (Heather Driedger and any guest presenters) of the Program and the person named at the end of this document, [the Client].   
The Program in which you are about to enroll in will include all of the following:

1. Six - 90-minute online coaching sessions using Zoom (April 19, May 3, 17, 31, June 14 and 28)
2. Completion of Vitality and Wellness Strategy form for Heather’s Review so she can best support you during the program
3. Bonus: one on one complimentary coaching session with Heather for first 5 ladies to enroll in the program
4. Access to resources for the course
5. Telegram Applause for Menopause Support Group
6. Gifts: theme song ‘Take It On’, crystal bowl meditation and facial reflexology massage
7. Community Connection – arrive on the call 6:45 pm to connect and stay on the call 15 min. later until 8:45 pm
8. Bonus: Three – one-hour continuum coaching support calls (July 26, Aug. 23 and Sept. 20)

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**SCHEDULING**

Each session will be 7 to 8:30 om MDT. Please be on time. If you cannot attend, please notify Heather in advance, through text 4038270120 or [heather@heathershealthcoaching.com](mailto:heather@heathershealthcoaching.com) or telegram. Optional for arrival 6:45 pm prior to call for check in and chat and remain on call until 8:45 pm

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| Program begins | April 19, 2022 |  | and ends | Sept. 20, 2022 |  |

**PAYMENTS AND REFUNDS**

The Client understands that the cost of the Program is $347 plus GST until April 14 and $397 plus GST after April 14. Payment must be made in full prior to the second session unless a payment plan has been agreed upon.

Course refund is only given prior to the second session, less 20%. With coach approval enrollment is transferable.

**DISCLAIMERS**

The Client understands that the role of the Health Coach and is not to prescribe or assess micro- and macronutrient levels; provide health care, medical or nutrition therapy services; or to diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. Rather, the Coach is a mentor and guide who has been trained in holistic health coaching to help clients reach their own health goals by helping clients devise and implement positive, sustainable lifestyle changes. The Client understands that the Coach is not acting in the capacity of a doctor, licensed dietician-nutritionist, psychologist or other licensed or registered professional, and that any advice given by the Coach is not meant to take the place of advice by these professionals. If the Client is under the care of a health care professional or currently uses prescription medications, the Client should discuss any dietary changes or potential dietary supplements use with his or her doctor,and should not discontinue any prescription medications without first consulting his or her doctor.

The Client has chosen to work with the Coach and understands that the information received should not be seen as medical or nursing advice and is not meant to take the place of seeing licensed health professionals.

**PERSONAL RESPONSIBILITY AND RELEASE OF HEALTH CARE RELATED CLAIMS**

The Client acknowledges that the Client takes full responsibility for the Client’s life and well-being, as well as the lives and well-being of the Client’s family and children (where applicable), and all decisions made during and after this program.

The Client expressly assumes the risks of the Program, including the risks of trying new foods or supplements, and the risks inherent in making lifestyle changes. The Client releases the Coach from any and all liability, damages, causes of action, allegations, suits, sums of money, claims and demands whatsoever, in law or equity, which the Client ever had, now has or will have in the future against the Coach, arising from the Client’s past or future participation in, or otherwise with respect to, the Program, unless arising from the gross negligence of the Coach.

**CONFIDENTIALITY**

The Coach will keep the Client’s information private and will not share the Client’s information to any third party unless compelled to by law.

Client name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_