



## Medical Disclaimer & Hold Harmless Agreement

This Medical Disclaimer & Hold Harmless Agreement (“Agreement”) is entered into between Wendy Ames (Baruchowitz), hereinafter referred to as “Consultant,” and the undersigned client, hereinafter referred to as “Client.”

### 1. Nature of Services

The Client acknowledges and agrees that the services provided by the Consultant under the business name The Steady Path consist of non-medical health and wellness coaching. The Consultant is not a licensed medical professional, and the services provided do not constitute medical advice, diagnosis, treatment, or therapy.

### 2. No Medical Advice

All information provided by the Consultant during coaching sessions, through email or written communications, or on the website or social media, is intended for informational and educational purposes only. The Client is responsible for consulting with their own licensed medical provider regarding any and all health concerns, including but not limited to any recommendations or lifestyle changes discussed in coaching sessions.

### 3. Assumption of Risk

The Client voluntarily agrees to participate in coaching services and assumes all responsibility for their health, choices, actions, and outcomes. The Client acknowledges that they are solely responsible for implementing any suggestions or recommendations made by the Consultant and does so at their own risk.

### 4. Indemnification and Hold Harmless

The Client agrees to release, waive, indemnify, and hold harmless the Consultant, her agents, employees, representatives, successors, and assigns from any and all liabilities, claims, causes of action, damages, or demands arising from or related to the Client’s participation in coaching services, including any perceived or actual adverse effects.

## 5. Acknowledgment

By signing below, the Client acknowledges that they have read, understood, and voluntarily agreed to this Medical Disclaimer & Hold Harmless Agreement in full. The Client affirms that they are competent and legally able to provide consent, and that they enter into this Agreement voluntarily and without duress.

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

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Consultant Name: Wendy Ames (Baruchowitz)

Consultant Signature: \_\_\_\_\_

Date: \_\_\_\_\_