

DISCLAIMER

This Disclaimer (the “**Disclaimer**”), in concert with our Terms and Conditions and Privacy Policy determine the rules of how you can use this Site and any of Rooted Pelvic Health & Wellness’ social media profiles, and how you access our content and services, either as a paying customer or simply a website visitor.

1. **Qualifications.** Rooted Pelvic Health & Wellness and its operators may hold the following qualifications and professional certifications related to Rooted Pelvic Health & Wellness: Registered Yoga Teacher, Occupational Therapist, and Pregnancy and Postpartum Corrective Exercise Specialist. Rooted Pelvic Health & Wellness makes no representations to hold any other qualifications or representations outside of this.
 - 1.1. Please note that from time to time, Rooted Pelvic Health & Wellness may direct your attention to resources or information which you may find helpful optimizing your health, specifically around hormone health, nutrition, and prenatal obstetric care. Rooted Pelvic Health & Wellness has no qualifications in these fields and simply shares helpful and educational resources that each individual may decide, at their own discretion, to engage in.
2. **Not Professional Advice.** Nothing shared on this Site by Rooted Pelvic Health & Wellness is professional advice. This is simply a compilation of content and services that Rooted Pelvic Health & Wellness is providing. Rooted Pelvic Health & Wellness and its services are not a substitute for professional advice or diagnosis. Please seek professional advice before engaging with our services and clearly understand that Rooted Pelvic Health & Wellness’ services are not a substitute for professional advice.
3. **Video Disclaimer.** In engaging with the content and videos shared on Rooted Pelvic Health & Wellness’ Site and other platforms, including Youtube (@rootedpelvis) & Instagram (@rootedpelvis) you hereby release Rooted Pelvic Health & Wellness from any liability related to any injuries or issues which may arise from engaging with, participating in, or viewing this content. YOU ARE RESPONSIBLE FOR YOUR OWN ACTIONS WHEN ACCESSING THIS CONTENT. This content is posted for educational and informational purposes only and is not tailored to you specifically in any way. Please note that this content is simply Rooted Pelvic Health & Wellness’ interpretation and approach, and that Rooted Pelvic Health & Wellness makes no representations about its efficacy and does not promise or guarantee any specific results. Please feel free to connect with Rooted Pelvic Health & Wellness to ask us any questions. All communications should be directed to info@rootedpelvis.com.
4. **Social Media.** This Disclaimer applies to Rooted Pelvic Health & Wellness’ Site, content, services, and all social media. Specifically:
 - 4.1. Instagram: @rootedpelvis
 - 4.2. Facebook: facebook.com/rootedpelvis
5. **No Guarantees.** You understand that Rooted Pelvic Health & Wellness makes no guarantees whatsoever regarding any results based on any action or inaction based on the information we share or services we provide through the Site. At the end of the day, we will not be responsible or make any promises for what will happen in your life and health.
6. **Intention.** The intention of the information we share and post on the Site is for informational and promotional purposes only.
7. **Affiliate Links.** Please assume that, for every recommendation, link, and product we use, the following holds true: we have been given a product (e.g., tool, supplement, food, software, technology, clothes, equipment, etc.) that we thought may be of interest to our readers to test

and write about. And after we do our own research and decide this item is of value to ourselves, our community, or our clients, we choose to promote that item and we may get compensated for it. We only mention items that we believe in and feel would be a benefit to you.

- 8. Not a Client.** By accessing and using the Site, there is no client-professional relationship created between you and Rooted Pelvic Health & Wellness. You will only be a client once we enter into an agreement regarding the services or when you sign a contract that we send to you, thereby officially creating a professional-client relationship. We hope to work together with you soon, but until we sign an agreement together, you are not a client. By continuing to use the Site, you acknowledge that for the moment, we are just pals.
- 9. Mistakes.** We are committed to doing our best. All of the content we put on the Site is intended to be as accurate as possible and to be as helpful as possible in providing you our content and services. That being said, please understand that we are human and can make mistakes, and there is a chance (albeit very small) that information on the Site may be inaccurate. If this happens, we will rectify it as soon as it comes to our attention! We will never intentionally mislead you and we are committed to providing you with the best content and services. If you have any issues with this, you are always welcome to stop using the Site.
- 10. No Warranties.** Rooted Pelvic Health & Wellness makes no promises that the Site or third-party programs we use to offer our services and products will always be operational. If something goes wrong, obviously, we'll do everything we can to fix it ASAP. We also make no representations or warranties of any kind around any of the content we produce or share on the Site. To the maximum extent permissible by State of Massachusetts laws, Rooted Pelvic Health & Wellness disclaims all warranties regarding all information, products and services offered on or through the Site.
- 11. Reach Out.** Please feel free to connect with Rooted Pelvic Health & Wellness to ask us any questions. All communications should be directed to info@rootedpelvis.com.

With Love,

Rooted Pelvic Health & Wellness