

TriangleCRC will not take the place of a medical doctor, OB/Gyn or Midwife. TriangleCRC recommendations and programming are suggestions and do not take the place of a medical doctor's advice.

The scope of the instructors', contractors', and coach's services do not include treatment or diagnosis of specific illnesses or disorders. If you, the client, suspect you may have an ailment or illness that may require medical attention, then you are encouraged to consult with a licensed physician without delay. Only a licensed physician can prescribe drugs. Any mention of drugs and supplements in the course of consultation is only for the purpose of providing a complete history of drugs and supplements that the client is taking.

TriangleCRC will not judge the appropriateness of medications. Any change in prescription or dosage is a decision the client makes with his or her physician.

TriangleCRC focuses on wellness and the body as a whole. Through the use of natural nutritional recommendations, quality movement, and an evolving open mind, TriangleCRC seeks to achieve optimal health throughout pregnancy, labor and delivery, and in the postpartum phase. TriangleCRC educates and motivates clients to assume more personal responsibility for their health, their pregnancy, their birth, and the postpartum period by adopting a healthy lifestyle and attitude.

While women generally experience a more comfortable pregnancy, a challenging but doable birth, and quicker recovery, TriangleCRC does not promise/guarantee that your birth will go according to your plan or desires.

I am aware of the dangers and the risks to my person and property involved in participating in nutrition, fitness, and/or both programs through TriangleCRC. I understand that through training there are certain risks for physical injury. I also understand that there are potential risks of which I may not presently be aware.

In consideration for being allowed to voluntarily participate in TriangleCRC programming or courses of any variety, myself, my personal representatives, heirs, next of kin, successors and assigns, I forever:

Waive, release, and discharge Dr. Lindsay Mumma, DC; TriangleCRC; and any contractors or employees of TriangleCRC from any and all negligence and liability for my death, disability, personal injury, property damages, property theft or claims of any nature which may hereafter accrue to me, and my estate as a direct or indirect result of my participation in the above referenced activity; and defend, indemnify, and hold harmless Dr. Lindsay Mumma, DC; TriangleCRC; and any contractors of TriangleCRC from and against any and all claims of any nature including all costs, expenses and attorney's fees, which in any manner result from participant's actions during this activity.

I hereby consent to receive coaching and programming. This release, indemnification, and waiver shall be construed broadly to provide a release, indemnification, and waiver to the maximum extent permissible under applicable law.

I, the undersigned participant, affirm that I am at least 18 years of age and am freely signing this agreement. I have read this form and fully understand that by signing this form I am giving up legal rights, which may otherwise be available to me regarding any losses I may sustain as a result of my participation. I agree that if any portion is held invalid, the remainder will continue in full legal force and effect.

By signing below (checking the box), I acknowledge that I understand TriangleCRC coaches/instructors/contractors are serving as a health consultant and/or life coach and not as a physician, a TriangleCRC provider will not be held liable for failure to diagnose or treat an illness, nor will she be liable for failure to prevent future illness. Additionally, I promise to give TriangleCRC a complete and accurate account of any medical conditions that I may have and any medications that I am taking.

Additionally, I understand that the information provided to me is for my individual use only and is the Intellectual Property (IP) of Lindsay Mumma, DC, and/or TriangleCRC. Reproduction of the material provided is not an approved use of the IP and is therefore illegal. I consent that I will not reproduce the information given to me either in name or in content for financial gain. I understand that I am not licensed to utilize Lindsay Mumma, DC, and/or TriangleCRC's trademarks or IP in any way.

I understand that photographs, videos, or sound recordings of my participation in these events will be published and used for marketing purposes. I understand that the aforementioned media may also display my child(ren), and give my express consent for these visual and audio media to be shared publicly.

All classes are non-refundable; they are transferable to a different date, but not to a different human.

Please note: you will receive our newsletter for necessary transactional emails and can opt-out at any time.

