

A Step Forward, LLC

Consent and Release Agreement

Name: _____

Address: _____

City: _____ St _____ Zip: _____

In consideration of receiving services from A Step Forward, LLC, through or by its principles, employees, officers, agents, subsidiary companies as well as independent third party service providers A Step Forward contracts with (herein collectively referred to as Company), I hereby declare:

- I. My true and legal name is signed below and not otherwise;
- II. I am 18 years of age or older;
- III. I accept full responsibility for any and all movements of my physical form;
- IV. I understand services is not a substitute for professional medical treatment;
- V. My health and mental wellbeing is adequate to participate in any session I register for;
- VI. I understand that advice and opinions expressed by third parties may not be that of A Step Forward;
- VII. I am not recovering from any surgery or being treated for any medical condition that would place my health at risk by participating in any event I register for and/or I have consulted with a doctor prior to participating.

I hereby state the above is true to the best of my knowledge. Except in the case of gross negligence or malpractice, I unconditionally forever release and hold harmless A Step Forward from and against any and all claims or liability of whatsoever kind or nature that may arise out of or in connection with any A Step Forward event I attend. I acknowledge and agree this release applies to any and all property owners where an event takes place as well as the property owner's representatives, agents or employees as applicable. This release applies to any and all events I choose to participate in.

Please check box to digitally sign this document:

By checking this box, I am electronically signing this Consent and Release Form and agree to the forgoing terms and conditions. My digital signature has the same force and legal effect of my hand signature. I understand that I have the right to request a paper copy of this document and by checking this box I agree to waive that right. I consent to signing this electronic document in lieu of receiving this document in paper form and signing by hand.