



WELLBEING WAIVER AND DISCLAIMER FORM

Camberwell Community Centre offers a range of wellness classes from yoga to tai chi that support health and wellbeing. To protect student's privacy we DO NOT request or keep any personal medical detail, it is up to the student to know what is appropriate for them.

We provide these classes with your best interest and physical comfort at the forefront of our service delivery. Our instructors are highly trained professionals who will support your wellness journey as much as they can.

To achieve these goals please review the recommendations listed below.

- If you suffer from a medical condition that you think your instructor should know, please make the time to speak personally with them prior to class commencing.
- It is up to the individual to understand what works for them and their body. In other words don't do anything that makes you feel uncomfortable or that hurts.
- We strongly recommend you consult your physician before starting any new activity or program.
- Camberwell Community Centre is not liable for accidents and injuries incurred during the exercise or wellness class.

Please ensure that you read and understand the points above and sign as an acknowledgement of consent.

We hope you enjoy your wellness program!

Students NAME/ SIGNATURE

Date: