

DECLARATION



SlimQuest provides weight loss management, information applications and content that is intended only to assist users in their personal weight loss efforts. SlimQuest is not a medical organisation and our staff cannot give you medical advice or diagnosis. Nothing contained in this course should be construed as such advice or diagnosis. The information from us should not be interpreted as a substitute for doctor or specialist consultation, evaluation, or treatment.

You are urged and advised to seek medical advice before beginning any weight loss effort or exercise regime. This course is intended for use only by healthy adult individuals. It is not intended for use by minors, pregnant women, or individuals with any type of health condition. Such individuals are specifically warned to seek professional medical advice prior to initiating ANY form of weight loss effort or regimen. Before starting any weight reduction plan you should make sure that you are not underweight.

The use of guided relaxation and hypnosis is contraindicated, and therefore not appropriate, for people with epilepsy, a history of psychiatric problems or those under the influence of drink or drugs.

If there is any other medical or psychological reason that you may believe could affect your ability to come on the course, please give details below so we can assess your suitability.

If for any reason you can not attend the course or miss any sessions, the cost will be lost and non refundable.

I have read and understood the above and know of no reason why I cannot take part in this course.

Name.....

Address.....

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Phone.....email

Sign..... Date.....