## Liability Disclaimer:

Participation in the Golden Fitness program at the North Hampton Public Library and Cultural Center is voluntary, and by joining the classes, you acknowledge and accept the following liability disclaimer:

The Golden Fitness program is conducted at the North Hampton Public Library and Cultural Center as a community service. While the library strives to provide a safe environment, it is essential to consult with a healthcare professional before starting any new exercise program, especially if you have any pre-existing medical conditions or concerns. It is your responsibility to ensure that participation in the program is suitable for your individual health and fitness level.

The North Hampton Public Library and Cultural Center, including its staff, volunteers, and affiliated individuals or organizations, are not healthcare professionals. The information and exercises provided in the program are not intended to replace professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or qualified healthcare provider with any questions you may have regarding your health or medical condition.

Participation in the Golden Fitness program at the North Hampton Public Library and Cultural Center is entirely at your own risk. Neither the library, its staff, volunteers, nor any associated individuals or organizations shall be held liable for any injuries, accidents, or damages that may occur during or as a result of participating in the program. This includes, but is not limited to, any injury, loss, or damage arising from negligence or any other cause.

It is your responsibility to ensure that you have a suitable environment and proper equipment to participate in the Golden Fitness program safely. You should use your judgment and follow all instructions provided during the classes to reduce the risk of injury.

By participating in the Golden Fitness program at the North Hampton Public Library and Cultural Center, you acknowledge that you have read, understood, and agreed to this liability disclaimer. You release the library, its staff, volunteers, and any associated individuals or organizations from any liability and waive any claims or demands against them arising from your participation in the program.

Remember, your safety and well-being are of utmost importance. Engage in the program responsibly, listen to your body, and modify exercises as necessary to suit your personal capabilities and limitations.