



Nourish UP Club Member Disclosure

Welcome to **The Nourish UP Club!**

I want to CONGRATULATE you for investing in yourself and in your health in a way you may never have before.

Saying “YES” to this experience means showing up for yourself in a whole new way, mentally, energetically, spiritually, and physically. This is the KEY to achieving everything you want.

In order for you to get the most out of the Nourish UP Club Membership, you agree to make the following commitments.

Your Commitment to The Nourish UP Club Membership Includes:

- Attending Zoom Coaching Office Hours When Able
-sessions will be recorded and emailed after each coaching session.
- Being authentic, honest, and speaking up for what you want
- Be willing to take risks, try new things and stretch beyond your current experience
- Being responsible for your own results, instill inner accountability
- Honoring the investment, you are making in yourself by handling any situations that may take you away from your experience
- Being patient with yourself and resting periodically to “catch up”
- Celebrating your wins, shifts, achievements, and excitement
- Provide respect, integrity, and confidentiality for all members of the group.
- Automatic payments will be made (with the original credit card used) on the same day each month based on the original date of subscription purchase.
- **Refunds will not be provided. You can cancel at any time.**

My Commitment to You Includes:

- Believing in you and your ability to achieve your vision of success
- Sharing in-depth information and knowledge with you so you can move forward with your health goals much more quickly than you would on your own
- Holding you accountable to act from your highest self, even when you may not feel that way
- Being in integrity and honest at all times
- Holding high standards for you
- Being kind and patient with your progress
- Sharing creative action steps, ideas, and inspiration without the need to have you “like” them
- Working to become your highest self and to achieve your highest potential
- Knowing that there are unlimited possibilities available to you, no matter what any particular situation looks like

DISCLAIMER

You understand that the information received from me **Coach Christi Davis** in connection with the Program or otherwise should not be seen as medical, nursing or nutrition advice and is certainly not meant to take the place of your seeing licensed health professionals, including your doctor.

You understand and agree that (i) I am not providing health care, medical or nutrition therapy services and will not diagnose, treat or cure in any manner whatsoever, any disease, condition or other physical or mental ailment of the human body, (ii) I am not acting in the capacity of a doctor, licensed dietician-nutritionist, massage therapist, psychologist or other licensed or registered professional, and (iii) you have chosen to work with me and participate in the Program voluntarily.

I encourage you to maintain a relationship with your primary care physician or doctor. In the event that you do not have one and/or do not have routine physicals, I encourage you to do so. Do not discontinue or change any treatment plan that you may be on as a result of the Nourish Up Forum membership without discussing the change with your doctor.

RELEASE

You acknowledge and take full responsibility for your life and well-being, as well as the lives and well-being of your family (where applicable), and all decisions made during and after the Program. In furtherance and not in limitation of the foregoing, you hereby and forever waive, release and discharge me, my heirs, executors, administrators, assigns, officers, agents, employees, representatives, executors and all others acting on their behalf (the "Released Parties") from any and all claims or liabilities for injuries or damages to your person and/or property or that of your family (where applicable), including those caused by negligent act or omission of any of those mentioned or others acting on their behalf, arising out of or connected with your participation in the Program or in connection with services provided by me or the Released Parties.

LEGAL ITEMS

This Agreement may not be modified without the prior written consent of Client and Coach. The waiver by either party of a breach, right or obligation shall not constitute a waiver of any other or subsequent breach, right or obligation. If any provision of this Agreement is found to be invalid or unenforceable for any reason, the remainder of this Agreement shall remain in full force and effect.

This Agreement sets forth the entire agreement between the parties and supersedes all prior proposals, agreements, and representations between the parties, whether written or oral, regarding the subject matter herein. Neither party may assign this Agreement without the prior written consent of the other party. This Agreement shall be binding upon and shall benefit the parties and their respective successors and permitted assigns. Except as provided to the contrary herein, those provisions of the Agreement that by their nature and context are intended to survive the termination of this Agreement, shall survive any termination of this Agreement. This Agreement shall be construed and interpreted in accordance with the laws of the state of Pennsylvania without reference to its conflict of law provisions, and with the same force and effect as if fully executed and performed therein. Each Party hereby consents to the exclusive personal jurisdiction of the State and Federal Courts, state of Pennsylvania and acknowledges that venue is proper only in such courts.

CONGRATULATIONS and WELCOME
to *The Nourish UP Club!!*