



Waiver of Liability

Participation in **Chair Yoga** involves physical exercise that may cause injury. I understand that there is an inherent risk of injury when choosing to participate in any physical exercise, sport, fitness class, wellness and/or recreational activity. My participation in Oak Street Health led or sponsored activities and events is a voluntary activity in all respects, and I assume all risk of injury and illness that may result from such participation.

I fully discharge and forever release Oak Street Health from any and all liability, claims and causes of action from injuries or illness (including death), damages or loss which I may have or which may accrue to me on account of participation in Oak Street Health led or sponsored activities and events..

I agree to defend, indemnify and hold harmless Oak Street Health from any and all claims resulting from injuries or illness, damages or loss, including attorney fees, sustained by me arising out of or in connection with or in any way associated with my participation in Oak Street Health led or sponsored activities and events.

I further agree that if I feel faint, lightheadedness, dizziness, shortness of breath, chest pain and/or unwell in any way, I shall immediately cease any activity in connection with Oak Street Health led or sponsored activities and events.

I agree.
(Print Name)

(Signature)

(Date)