

**Consent**

I, \_\_\_\_\_ understand and confirm that my participation in this Senior Stretch and Fitness program is voluntary. I agree that during my participation I will exercise at a level that I am comfortable with, including stopping exercise if it becomes uncomfortable, so as to prevent any illness or injury from occurring. I hereby release Incarnation Church, its officials, directors, members, agents, and /or employees, the Health Ministry, Bill Vankat and Jennifer Paskill, Personal Fitness Trainer from any liability or claims for personal injury or otherwise arising out of my participation in Senior Stretch and Fitness.

\_\_\_\_\_

Signature

\_\_\_\_\_

Date