

DISCLAIMER

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HEALTH AND FITNESS INFORMATION

This Website offers health and fitness information. This information is designed for educational purposes only and is not intended to replace the information, treatment, or diagnosis of a healthcare professional.

You should always consult with a healthcare professional before starting any fitness program, diet, or any other change in your healthcare routine.

If you experience dizziness, faintness, shortness of breath or pain while exercising, stop immediately, and consult with a healthcare professional.

Public Health Collaboration is not a licensed medical provider.

You agree that you assume all responsibility when choosing to act on any of the health or fitness advice contained on this Website.

We reserve the right to amend this policy at any time without any prior notice to you.

QUESTIONS

If you have any questions about this Disclaimer, please contact us at info@phcuk.org.

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