

PARTICIPATION WAIVER

Please read and sign the waiver below.

You acknowledge that your attendance at or use of the Health & Fitness Center (HFC), including, without limitation your participation in any of HFC's programs or activities and your use of HFC's equipment and facilities and transportation provided by HFC could cause injury to you. In consideration of your program enrollment at HFC, you hereby assume all risks of injury which may result from or arise out of your attendance or use of HFC or its equipment, activities, facilities or transportation; and you agree, on behalf of yourself and your heirs, executors, administrators and assigns, to fully and forever release and discharge HFC and Lake Forest Hospital Foundation and their respective officers, directors, employees, agents, successors and assigns, and each of them collectively (collectively the "Releases"), from any and all claims, damages, demands, rights or action or causes of action, present or future, known or unknown, anticipated or unanticipated, resulting from or arising out of your attendance at or use of HFC or its equipment, activities, facilities or transportation, including without limitation any claims, damages, demands, rights of action or causes of action resulting from or arising out of the negligence of the Releases. Further, you hereby agree to release and discharge the Releases from any and all liability for any loss or theft of, or damage to, personal property. You acknowledge that you have carefully read this waiver and release and fully understand that it is a waiver and release of liability.

By signing below you acknowledge that you have read and fully understand this waiver and release. This waiver shall be binding on you, your spouse, your children, legal representatives, heirs, successors and assigns.

Participant's Signature

Date

CLASS DESCRIPTIONS

ARTHRITIS CLASS

Exercises performed in the warm water therapy pool will help increase joint range of motion, build muscle strength and help to reduce pain and stiffness.

Physician Approval is required as well as a HHQ each new year.

FIBROMYALGIA CLASS

These sessions performed in the warm water therapy pool will help manage or control chronic pain, fatigue, memory problems and mood changes. Exercises will give participants a sense of well-being, increased endurance and help to decrease pain.

Any questions regarding LFHFC Arthritis & Fibro program, please contact
Lisa Hamilton
Group Exercise Director
(847)535-7173



Lake Forest
Health & Fitness Center
of Lake Forest Hospital



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ARTHRITIS & FIBROMYALGIA FOUNDATION AQUATIC PROGRAM

16 WEEK SESSION

October 5, 2009—January 24, 2010

**Mail or return registration form &
payment to LFHFC Front Desk
Attention: Lisa Hamilton or
Christine Kozak
1200 N. Westmoreland Rd.
Lake Forest, IL 60045**

**PHONE: 847-535-7173
FAX: 847-535-7129**



