



MINNESOTA RIVER
Area Agency on Aging®

Tai Ji Quan: Moving For Better Balance
- Release From Liability Agreement -
10/10/14

Please note: Considering the right to attend this class, each registered participant must agree to release and hold harmless the provider, its class instructor, agents, and employees from any injury or damage resulting from such participation.

In addition, by signing below, you agree:

- I have been informed that the sessions will include light to moderate exercise including stretching, balance and range of motion exercises.

- I take full responsibility for my participation in these exercises.

- I agree to work within my own comfort zone and agree to stop exercising if I feel any pain or discomfort and will let one of the facilitators know.

Participant's name (printed): _____

Participant's signature: _____

Class site: _____

Date: _____