

SOCIAL MEDIA DISCLAIMER

Hey there! Thanks so much for following along with our social media. We want to be clear about some limitations of our social media content so we can all be on the same page. This Social Media Disclaimer aims to inform you of those limitations and to let you know other important details about our social media content.

This Social Media Disclaimer applies to all of CasaVeda Agency's social media content, including but not limited to:

- Instagram: @iamjennybitner
- Instagram: @casavedaagency
- Instagram: @frequencyfoundations
- Facebook: Jenny Bitner
- Facebook: CasaVeda Agency
- LinkedIn: CasaVeda Agency
- LinkedIn: Jenny Bitner

While we try to keep this Social Media Disclaimer as current as possible, we may launch a new social media account before updating this document. If you see one of our social media accounts but don't see it listed here, please understand that this disclaimer still applies.

- 1. Not Personalized Information or Medical Advice.** We provide content on our social media for your benefit. That said, the information provided is not specifically customized for you. Everybody is different, so what we suggest or highlight on social media may not be right for you. Also, the information we provide isn't medical advice. Nothing on our social media is designed to diagnose, treat, cure, or prevent any physical or mental disease or injury. When making decisions about your health, it is always best to consult a variety of sources, obtain personalized info, and consult your doctor or other medical professional when appropriate.
- 2. Release of Liability.** By interacting with CasaVeda Agency's social media, you acknowledge that all personal, health, and professional decisions are your sole responsibility. You agree to release, hold harmless, and waive any claims against CasaVeda Agency and its representatives regarding any damages or injuries sustained in relation to our content.
 - 2.1. Business Consulting:** Information regarding strategy, operations, or marketing is for general educational purposes only. It is not designed for your specific business situation, nor does it constitute legal, financial, or tax advice. For a personalized assessment tailored to your unique professional needs, please contact us directly to establish a formal consulting agreement.
 - 2.2. Yoga & Wellness:** Any physical movements, nutritional suggestions, or lifestyle habits shared are for general wellness education and are performed at your own risk. This content is not tailored to your specific health profile, injuries, or medical history. It is not a substitute for medical advice; we invite you to book a private session for individualized guidance or consult a physician before beginning any new regimen.

Your engagement with our content constitutes your acceptance of these terms. If you do not agree, please do not interact with our social media channels.

- 3. Affiliate Links.** We may post a recommendation or link to a product or service we like. When we do so, please assume that we are compensated when our readers click the link or purchase the product or service. We only post about things we believe in and that we feel would benefit you.
- 4. Regulatory Approvals.** Any products, services, or lifestyle suggestions mentioned on our social media are for informational purposes and are not designed for your specific situation or health profile. Unless explicitly stated otherwise, assume that any product, supplement, or service mentioned has not been evaluated or approved by Health Canada, the U.S. Food and Drug Administration (FDA), or any other regulatory body
- 5. Intellectual Property.** All content posted on our social media accounts, including but not limited to images, videos, graphics, logos, and written posts, is the property of CasaVeda Agency and is

protected by copyright and other intellectual property laws. No unauthorized use, reproduction, distribution, or modification of any image or post appearing on our accounts is permitted without express written consent from CasaVeda Agency. We reserve the right to take full legal action, including seeking injunctive relief and damages, should any unauthorized usage be found.

6. **Arbitration.** Any controversy or claim arising out of or relating to this Agreement shall be settled exclusively by binding arbitration conducted in the Province of Ontario or through such other arbitrator as mutually agreed upon by the parties. The arbitrator's decision shall be final and enforceable in any court of competent jurisdiction. The losing party shall bear the costs of arbitration. The arbitration award shall be final and binding upon the parties, and the parties hereby waive any rights to appeal or challenge the award, to the extent permitted by applicable law. This arbitration clause shall survive the termination or expiration of this contract.
7. **Reach Out.** Please feel free to connect with CasaVeda Agency to ask us any questions. All communications should be directed to hello@casavedaagency.com.

With Love,

CasaVeda Agency