

THE ANXIETY AND DEPRESSION INITIATIVE, INC.

Release from Liability and Assumption of Risk

Participation in all Active Life for a Healthy Mind activities require the voluntary acceptance acknowledgement of the Release from Liability and Assumption of Risk.

(Read Carefully)

I am aware that physical activities like the one I am signing up for are potentially dangerous, that accidents can happen, and that illness can occur while participating.

In consideration of being permitted to join and participate in this activity sponsored by The Anxiety and Depression Initiative, Inc. ("ADI"), I do for myself, my heirs, legal representatives, and assigns (or, if applicable, as a parent or legal guardian of a minor), assume all risks associated with this activity and traveling to and from the activity, and release and discharge ADI, its representatives and agents from all liability for any and all loss, damage or claim on account of property damage, bodily injury or death, to me or my minor child or minors for whom I am legal guardian, caused by the act or failure to act of ADI, its representatives and agents. I agree to pay for my own medical and/or rescue expenses, in the event of accident or illness.

I grant ADI the right to take videotapes and photographs of me and my minor child while participating in today's activity, and I authorize ADI to copyright, use and publicize such photographs in any medium and for any lawful purpose that advances ADI's mission.

PLEASE ACKNOWLEDGE ACCEPTANCE ON THE SEPARATE EVENT SIGNUP SHEET

Cut below and share with others..

| | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><u>FREE Walks-Hikes-Yoga</u> Join the <i>Active Life for a Healthy Mind</i> community activity group for free and low cost activities for both the body and the mind.</p> <p>For more info, go to: www.TheADI.org/ALHM</p> | <p><u>FREE Walks-Hikes-Yoga</u> Join the <i>Active Life for a Healthy Mind</i> community activity group for free and low cost activities for both the body and the mind.</p> <p>For more info, go to: www.TheADI.org/ALHM</p> | <p><u>FREE Walks-Hikes-Yoga</u> Join the <i>Active Life for a Healthy Mind</i> community activity group for free and low cost activities for both the body and the mind.</p> <p>For more info, go to: www.TheADI.org/ALHM</p> |
| <p><u>FREE Walks-Hikes-Yoga</u> Join the <i>Active Life for a Healthy Mind</i> community activity group for free and low cost activities for both the body and the mind.</p> <p>For more info, go to: www.TheADI.org/ALHM</p> | <p><u>FREE Walks-Hikes-Yoga</u> Join the <i>Active Life for a Healthy Mind</i> community activity group for free and low cost activities for both the body and the mind.</p> <p>For more info, go to: www.TheADI.org/ALHM</p> | <p><u>FREE Walks-Hikes-Yoga</u> Join the <i>Active Life for a Healthy Mind</i> community activity group for free and low cost activities for both the body and the mind.</p> <p>For more info, go to: www.TheADI.org/ALHM</p> |