

LOOSE HANDS[🦷]

TERMS & CONDITIONS

DATE 10 SEPT 2025

OVERVIEW

TERMS AND CONDITIONS FOR ALL MEMBERSHIPS TO ONLINE ERGONOMIC & STRETCHING PROGRAMS, COURSES AND WEBINARS

Overview:

By purchasing or accessing the online ergonomic and stretching programs, courses and webinars for dental professionals, you agree to the following Terms and Conditions. All courses, memberships or webinars are designed to support dental professionals suffering from musculoskeletal issues related to their work environment. Please read these terms carefully before proceeding.

1. TRIAL PERIOD & CANCELLATION

- You may be entitled to a **7-day free trial** upon signing up for certain membership/s.
- If you decide to cancel the membership/s, you must do so **before the 7-day trial period ends** to avoid any charges.
- After the trial period, your membership will automatically convert into a paid subscription, and no refunds will be issued for any period already paid.
- Your membership will renew automatically at the end of the 12-month period unless you cancel before the renewal date.
- You may cancel your membership at any time during the subscription period, but **no refunds will be issued after the 7-day trial**.
- To cancel, you may do this through your account settings.

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2. HEALTH & SAFETY DISCLAIMER

- You confirm that you are in **good physical health** and have not been advised by any medical or health professional to avoid physical activity or exercise.
- If you experience any **discomfort, pain, or injury** during any exercise or program activity, you should **stop immediately** and consult with a healthcare professional before continuing.
- It is your responsibility to ensure that any exercise or stretching routines are performed in a safe and appropriate manner.
- By using our programs, you acknowledge that the exercises and stretches are provided as educational content and are not intended to replace medical treatment or professional healthcare advice.

3. PROGRAM USE & ACCESS

- The membership and online programs, courses grant you access to online content including, but not limited to, ergonomic practices in dental settings, stretching routines, video tutorials, and educational resources related to dental professionals.
- Access to the content is provided for personal use only. You agree **NOT to distribute, share, or otherwise reproduce the materials** without express permission.
- You may access the content through the website: www.loosehands.com during the duration of your active membership.

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4. TECHNICAL REQUIREMENTS & ACCESS

- To access the online courses, you must have an internet connection, a compatible device, and any necessary software or applications.
- We are not responsible for any technical issues outside of our control, including problems with internet connectivity, device compatibility, or third-party services.

5. PROGRAM MODIFICATION

- We reserve the right to modify, update, or discontinue courses and content at our discretion. Any major changes will be communicated to members in advance.

6. USER CONDUCT

- You agree to use the program in a manner that is respectful, professional, and in compliance with all applicable laws and regulations.
- You agree not to engage in any behavior that disrupts, damages, or compromises the integrity of the platform or program content.
- **Program Access & Termination:**
We reserve the right to suspend or terminate access to the program if we suspect any misuse, breach of terms, or unethical behavior.

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7. DATA PROTECTION & PRIVACY

- By subscribing to the program, you consent to the collection, processing, and storage of your personal information in accordance with our **Privacy Policy** [Insert link to privacy policy].
- We will use your information to provide you with membership services, process payments, and communicate with you about your membership and any relevant updates.
- Your data will not be shared with third parties without your consent unless required by law.

8. PROGRAM LIMITATIONS

- While our programs are designed to improve your physical health and work ergonomics at dental settings, results may vary from person to person. We do not guarantee specific outcomes or benefits. If you need specific help, please contact us via email: contact@loosehands.com
- If you have any pre-existing medical conditions, injuries, or concerns, please consult with a healthcare provider before starting any new physical activities.

9. AMENDMENTS TO TERMS

- We reserve the right to amend or update these Terms and Conditions at any time.
- Any changes will be communicated via email notification or / and website notice, and the updated terms will be effective upon posting. By continuing to use the service after the changes are posted, you accept the revised Terms and Conditions.

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10. LIABILITY DISCLAIMER

- To the fullest extent permitted by law, we are not liable for any direct, indirect, incidental, or consequential damages arising from the use of our programs, including any injuries to participants or damage to the surrounding area that occur during participation.

11. CONTACT INFORMATION

- For any questions, concerns, or inquiries regarding these Terms and Conditions, please contact us at: contact@loosehands.com