



## CORE CONNECTION 16-WEEK PROGRAM

By Dr. Windy S. Blades  
Tactical Health & Wellness Center®

# Tactical Health & Wellness Center

## Core Connection Program

### Terms & Conditions

#### 1. Acceptance of Terms

By accessing or using the "Core Connection Program," a 16-week program, you agree to be bound by these Terms & Conditions. You confirm that you are of legal age to enter into this agreement or have the explicit consent of a parent or guardian.

#### 2. Program Overview

The "Core Connection Program" is a 16-week online health and wellness program that includes educational content, fitness modules, and membership to the "Resilience Hub Online Community." This program is designed for general fitness and wellness and may require a moderate level of physical activity.

#### 3. User Accounts

- You must provide accurate and complete information when creating your account.
- You are responsible for maintaining the confidentiality of your account information, including your username and password.
- Account sharing is strictly prohibited.
- You must notify Tactical Health & Wellness Center immediately of any unauthorized access to your account.



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### **4. Intellectual Property**

All content within the "Core Connection Program," including videos, text, graphics, quizzes, and community discussions, is the intellectual property of Tactical Health & Wellness Center. You are prohibited from copying, reproducing, distributing, or modifying any program content without explicit permission. You are granted a limited, non-exclusive, non-transferable license to access and use the content for personal, non-commercial purposes only.

### **5. Health and Wellness Disclaimer**

The "Core Connection Program" provides general health and wellness information and is not a substitute for professional medical advice, diagnosis, or treatment. It is strongly recommended that you consult with a healthcare professional before starting this or any new fitness or nutrition program, especially if you have any pre-existing health conditions. Participation in the program is at your own risk.

### **6. Community Guidelines**

Membership to the "Resilience Hub Online Community" is included with the program. You agree to adhere to the following guidelines:

- Respectful communication with all community members.
- No harassment, hate speech, or spam.
- Exercise caution and discretion when sharing personal information.

Tactical Health & Wellness Center reserves the right to moderate community content and take action, including content removal or account suspension, for violations of these guidelines.



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### **7. Payments and Refunds**

- The cost of the "Core Connection Program" is \$1,000.00.
- Payment must be made in full before accessing the program, unless negotiated and arranged prior to purchase or by case-by-case agreement with the program director for partial payments or payment arrangements.
- Refunds are available within the first 5 days of purchase, provided you have not accessed more than 20% of the program content. After 5 days, all payments are non-refundable.
- To request a refund, contact Tactical Health & Wellness Center using the provided contact information.

### **8. Limitation of Liability**

Tactical Health & Wellness Center is not liable for any damages or losses arising from the use of or inability to access the "Core Connection Program." We make no warranties regarding specific results from the program. You agree to participate at your own risk.

### **9. Modifications to Terms**

Tactical Health & Wellness Center reserves the right to modify these Terms & Conditions at any time. Changes will be posted on our website or communicated via email. Continued use of the program after changes are posted indicates acceptance of those changes.



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## 10. Governing Law and Dispute Resolution

These Terms & Conditions are governed by the laws of Virginia, USA. Any disputes arising from these terms will be resolved through mediation or arbitration in Norfolk, Virginia.

## 11. Contact Information

For any questions, concerns, or to report violations, please contact Tactical Health & Wellness Center at:

Tactical Health & Wellness Center

[info@eml.tacticalhealthwellnesscenter.com](mailto:info@eml.tacticalhealthwellnesscenter.com)