

Medical Disclaimer

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All information provided on the Hervana Women's Wellness website, located at hervanawomenswellness.ca (the "Website"), including but not limited to text, graphics, images, videos, blog posts, and other material, is for general informational and educational purposes only.

The content is intended to support, not replace, the relationship that exists between a patient/site visitor and their existing health care professionals.

Your use of this Website does not establish a patient-provider, professional-patient, or physiotherapist-client relationship between you and Jodi Bremner or any staff member at Hervana Women's Wellness. Using, viewing, or interacting with content on the Website (including submitting inquiries or booking requests) does not create a patient-provider relationship. A formal professional relationship is only established after you have undergone a clinical intake process and assessment through our secure Electronic Medical Record (EMR) system (Jane App), have completed all required medical intake documentation, and have signed a formal consent to treatment.

Clinical physiotherapy services are provided through **Berwick Chiropractic Health & Wellness Centre** (via **Jane App**) and are subject to that clinic's medical protocols, processes, and documentation requirements.

The content on this Website is not intended to be, and does not constitute, professional medical advice, diagnosis, or treatment. Information on the Website is educational in nature and is not a substitute for individualized assessment, diagnosis, or treatment from a qualified health professional. Always seek the advice of your physician, pelvic floor physiotherapist, or other qualified healthcare professional with any questions you may have regarding a medical condition or pelvic health concern. Never disregard professional medical advice or delay in seeking it because of something you have read on this Website.

Hervana Women's Wellness offers restorative experiences, including sauna and Nordic-style sessions and mindful movement, which may be hosted at **Saltair Nordic Spa & Wellness**. Participation in heat therapy (sauna), cold plunges, or physical movement involves inherent risks.

- Consult with a physician before participating in sauna rituals if you are pregnant, have cardiovascular issues, or have any underlying health conditions.
- The information provided regarding these wellness practices is for holistic self-care purposes and is not a clinical prescription for any specific ailment and is not a substitute for professional clinical advice.

- For any Nordic/sauna sessions hosted at **Saltair Nordic Spa & Wellness**, participants are required to complete Saltair's specific medical forms and any required screenings prior to participation, as applicable. These forms/screenings are administered by Saltair and are **separate from and independent of** any clinical physiotherapy intake, assessment, screening, consent, or medical protocols associated with **Berwick Chiropractic Health & Wellness Centre**.
- Participation in any session, event or retreat is at your own risk.

While we strive to provide accurate and up-to-date information regarding pelvic health and holistic wellness, Hervana Women's Wellness makes no representations or warranties in relation to the medical information on this Website. We do not guarantee that the information provided will lead to specific health outcomes.

This Website may contain links to third-party websites. Hervana Women's Wellness is not responsible for the content, privacy policies, or practices of any third-party sites, nor do we endorse the medical information provided by external sources.

To the maximum extent permitted by applicable law in Nova Scotia, Hervana Women's Wellness and its employees shall not be held liable for any direct, indirect, consequential, or other damages arising from your use of the Website or reliance on any information provided herein.

If you think you may have a medical emergency, call 911, go to the nearest emergency room, or contact your local crisis line immediately. Do not rely on this Website or our contact forms for urgent medical assistance.

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