

## Terms of Service

"These terms and conditions govern the use of SMS services provided by *True Wellness with Dr Strang*. By subscribing to the service, you agree to be bound by these terms and conditions.

-To subscribe to the SMS service, the User must opt-in by providing their mobile number to *True Wellness with Dr Strang*.

-The User acknowledges that message and data rates may apply. *True Wellness with Dr Strang* is not responsible for any charges incurred by the User.

-The User acknowledges that they may receive up to 1-2 messages per week.

-The User may opt-out of the SMS service at any time by replying "STOP" to any Message received.

-*True Wellness with Dr Strang* will promptly stop sending Messages to the User upon receipt of the opt-out request.

### Disclaimer of Liability

*True Wellness with Dr Strang* will not be liable for any loss, damage or inconvenience caused by the use of the SMS service.

The User assumes all risks and responsibility for the use of the SMS service.

By subscribing to the SMS service provided by *True Wellness with Dr Strang*, the User agrees to be bound by these terms and conditions. If the User does not agree to these terms and conditions, they should not subscribe to the SMS service."