

## Align & Balance Nordic Walking Fitness Classes

### MEDICAL CLEARANCE

Align & Balance is compliant with the Privacy Act in handling personal information. Align & Balance holds information to administer its services and uses and discloses it only where required to provide the services offered by or through Align & Balance. To request information about Align & Balance Privacy Policy or the information held about you, contact **Nicola Gibbons** at [alivealive@westnet.com.au](mailto:alivealive@westnet.com.au) or via phone: **0415 524 953**.

**Re:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Dear Doctor,**

Your patient would like to join in with the Nordic Walking fitness activities conducted by Nicola Gibbons of Align & Balance. Before we accept them we would like for you to advise and make recommendations to us of any medical or physical conditions they have which may affect their ability to participate safely in our sessions without danger to their or any other person's health or safety.

Could you please list details or state your clearance below:

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If you have any questions, please contact Nicola Gibbons via e-mail: [nicky@alignbalance.com.au](mailto:nicky@alignbalance.com.au) or via phone: 0415 524 953.

Yours sincerely,

**Name:** \_\_\_\_\_  
(for and on behalf of Align & Balance)