

Terms and Conditions

Effective Date:9/15/2025

Last Updated: 9/15/2025

Welcome to Move With Meg LLC ("Company," "we," "our," or "us"). These Terms and Conditions ("Terms") govern your use of our website [www.movewithmegpt.com] (the "Site") and any services, programs, or materials we provide through the Site. By accessing or using our Site, you agree to comply with and be bound by these Terms. If you do not agree, please do not use our Site.

VISITORS TO OUR WEBSITE MAY HAVE ACCESS TO WEBSITE CONTENT SUBJECT TO THE FOLLOWING TERMS OF USE, WHICH CONSTITUTE A LICENSE GOVERNING YOUR USE OF THE WEBSITE AND ANY TRANSACTIONS THAT ARE INITIATED THROUGH THE WEBSITE. BY VISITING THE WEBSITE, YOU ARE CONSENTING TO THE FOLLOWING TERMS OF USE. THERE ARE PROVISIONS BELOW CONSTITUTING A WAIVER OF CERTAIN LEGAL RIGHTS. PLEASE READ ALL INFORMATION CAREFULLY.

By accessing and using the Website, you acknowledge that you have read, understood and agree to be bound by these Terms of Use and our *Privacy Policy*, which is hereby incorporated by reference (collectively, this "Agreement"). If you do not agree to any of the terms contained herein, then please do not use or access the Website.

1. Services Provided

Move With Meg LLC provides physical therapy, wellness, and related educational resources. Information on this Site is for **educational and informational purposes only** and should not replace personalized medical advice from your healthcare provider.

2. Eligibility

By using this Site, you confirm that you are at least 18 years old, or have the consent of a parent or guardian.

3. Medical Disclaimer

- All content on this Site is intended for general educational purposes.
 - Nothing on this Site constitutes medical advice, diagnosis, or treatment.
 - Always consult with your physician or qualified health provider regarding any medical condition or before starting any new exercise program.
 - If you are experiencing an emergency, call 911 immediately.
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4. Client Responsibilities

If you choose to participate in our services:

- You agree to provide accurate health information.
 - You acknowledge that results vary and are not guaranteed.
 - You accept responsibility for following recommendations safely and within your personal limits.
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5. Payments and Refunds

- Payments for services are due at the time of session unless otherwise stated. A superbill will be provided to submit it to your insurance company if you choose.
 - Refund policies will be disclosed at the time of purchase.
 - We reserve the right to refuse service for non-payment or misuse of services.
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6. Intellectual Property

- All materials, text, graphics, logos, videos, and content on this Site are the property of Move With Meg LLC unless otherwise noted.
 - You may not copy, reproduce, or distribute our content without written permission.
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7. Prohibited Uses

You agree not to use this Site or our services:

- For unlawful purposes
 - To transmit harmful or disruptive content
 - To misrepresent yourself or your health history
 - To infringe on the rights of others
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8. Limitation of Liability

Move With Meg LLC is not liable for:

- Any injuries, damages, or losses resulting from use of our Site or services.
 - Your reliance on the information provided here.
Your participation in services is voluntary and at your own risk.
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9. Privacy

Your use of our Site is also governed by our [\[Privacy Policy\]](#). Please review it for details on how we handle your information.

10. Modifications

We reserve the right to update these Terms at any time. Changes will be posted on this page with an updated effective date.

11. Governing Law

These Terms shall be governed by and interpreted under the laws of the **Commonwealth of Virginia**, without regard to conflict of law principles.

12. Contact Us

If you have questions about these Terms, please contact:

Move With Meg LLC

Email: meg@movewithmegpt.com

Phone: 203-231-5417

Website: [www.movewithmegpt.com]