

**cooking** FROM THE HEART **for well-being**  
PRESENTED BY SIMPLY BEING WELL

**Teacher Training Program**

**Consent and Waiver Form**

I hereby give my permission to be photographed and release all rights to the photographs taken during Cooking for Well-Being Teacher Training during Teacher Training Level I, II, Level I/II or Level III.

I understand these photos may be used in both print and internet mediums and grant permission to do so.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

I hereby choose to eat traditional foods prepared during the Cooking for Well-Being Teacher Training Level I, II, I/II or Level III. I understand that ingesting any food carries an inherent risk. I understand that the foods I choose to consume contain live enzymes and lactic-acid producing bacteria, that they may act as powerful digestives, and may initiate a detoxification reaction by my body including digestive disturbances. By signing this form, I hold harmless Monica Corrado, Simply Being Well LLC, and the conference, training or retreat center where the training is held for any digestive or other disturbances that may occur as a result of eating these foods.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date