



RHODE ISLAND  
WORLD DIABETES DAY

## RHODE ISLAND WORLD DIABETES DAY AND RHODE TO WELLNESS 2020 CHALLENGE DISCLAIMER

**Thank you for participating in the Rhode to Wellness 2020 Challenge and Rhode Island World Diabetes Day (RIWDD)! We hope that you enjoy these events and that they are a useful resource for you. For your safety, well-being, and information, please read the material below carefully and in advance of participating in any of the activities related to the Rhode to Wellness 2020 Challenge and RIWDD.**

Before participating in any activity promoted through this website, we strongly recommend that you consult with your physician. You should be in good physical condition, as determined by your physician, and be able to participate in the exercise. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you choose to engage in an exercise or exercise program for the Rhode to Wellness 2020 Challenge or Rhode Island World Diabetes Day, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge the Rhode Island Department of Health (RIDOH), Diabetes Education Partners of Rhode Island, the Rhode to Wellness 2020 Challenge Committee, the Rhode Island World Diabetes Day Planning Committee, and all professionals and instructors leading or participating in any Rhode to Wellness 2020 Challenge or Rhode Island World Diabetes Day activities from any and all claims or causes of action, known or unknown.

All content and media shared through the Rhode to Wellness 2020 Challenge Facebook Group and the Rhode Island World Diabetes Day virtual event are created and published online for informational purposes only. These forums are not intended to diagnose health issues, serve as a substitute for professional medical advice, or serve as sites for discussing personal health diagnoses. Content moderators, session leaders, and event organizers have no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. You should always consult your physician or other healthcare provider before changing your diet or starting an exercise program. Always seek the guidance of your physician or other healthcare provider with any questions you may have regarding your health or medical conditions. You should never disregard the advice of a healthcare provider, or delay in seeking medical advice, because of something you have read or heard in these forums; if you choose to rely on any information provided by these forums, you do so solely at your own risk.

External (outbound) links to other websites or educational material that are not explicitly created by the Rhode to Wellness 2020 Challenge Committee or the Rhode Island World Diabetes Day Planning Committee are followed at your own risk. Under no circumstances is RIDOH, Diabetes Education Partners of Rhode Island, the Rhode to Wellness 2020 Challenge Committee or the Rhode Island World Diabetes Day Planning Committee responsible for the claims of third-party websites or educational providers.

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**REMEMBER! If you think you may have a medical emergency, you should immediately: call your doctor; go to the nearest hospital emergency department; or call for emergency medical services (ambulance).**