

## MIND AND BODY THERAPY

### PRIVACY POLICY

Mind & Body Therapy (the “Company”) is committed to maintaining robust privacy protections for its users. Our Privacy Policy (“Privacy Policy”) is designed to help you understand how we collect, use and safeguard the information you provide to us and to assist you in making informed decisions when using our Service.

For purposes of this Agreement, “Site” refers to the Company’s website, which can be accessed at [www.mbtherapies.com](http://www.mbtherapies.com).

“Company” refers to Mind & Body Therapy and it’s individual therapists.

“Service” refers to the Company’s services accessed via the Site, in which users can request that the Company contact you via email or text and may respond to your Contact inquiries by one of these methods.

The terms “we,” “us,” and “our” refer to the “Company”.

“You” refers to you, as a user of our Site or our Service.

By accessing our Site or our Service, you accept our Privacy Policy and Terms of Use listed below and you consent to our collection, storage, use and disclosure of your Personal Information as described in this Privacy Policy.

SMS opt-in or phone numbers for the purpose of SMS are not being shared. Mind & Body Therapy will not share or sell the customer’s consent for SMS messages and phone numbers collected for SMS to any third parties under any circumstances.

## I. INFORMATION WE COLLECT

We collect “Non-Personal Information” and “Personal Information.” **Non-Personal Information** includes information that cannot be used to personally identify you, such as anonymous usage data, general demographic information we may collect, referring/exit pages and URLs, platform types, preferences you submit and preferences that are generated based on the data you submit and number of clicks. **Personal Information** includes your name, email, and phone number, which you submit to us through the contact us process at the Site.

### 1. *Information collected via Technology*

To activate the Service you do not need to submit any Personal Information other than your email address. However, in an effort to improve the quality of the Service, we track information provided to us by your browser or by our software application when you view or use the Service, such as the website you came from (known as the “referring URL”), the type of browser you use, the device from which you connected to the Service, the time and date of access, and other information that does not personally identify you. We track this information using cookies, or small text files which include an anonymous unique identifier. Cookies are sent to a user’s browser from our servers and are stored on the user’s computer hard drive. Sending a cookie to a user’s browser enables us to collect Non-Personal information about that user and keep a record of the user’s preferences when utilizing our services, both on an individual and aggregate basis.

### 2. *Children’s Privacy*

The Site and the Service are not directed to anyone under the age of 13. The Site does not knowingly collect or solicit information from anyone under the age of 13, or allow anyone under the age of 13 to sign up for the Service. In the event that we learn that we have gathered personal information from anyone under the age of 13 without the consent of a

parent or guardian, we will delete that information as soon as possible. If you believe we have collected such information, please email us at Mind & Body Therapy, [info@mbtherapies.com](mailto:info@mbtherapies.com).

## II. HOW WE CONTACT YOU

The Company uses email and text messaging to communicate with you after you provide your contact information through opt in via email request, via phone, or via clients initiating a text message with us. We do not use unsolicited emails or phone numbers to contact individuals at any time. You can opt out of email communications by contacting us at [info@mbtherapies.com](mailto:info@mbtherapies.com) or stop receiving text messages by replying STOP to any message you receive from us.

## III. HOW WE USE AND SHARE INFORMATION

### *Personal Information:*

Except as otherwise stated in this Privacy Policy, we do not sell, trade, rent or otherwise share for marketing purposes your Personal Information with third parties without your consent. We do share Personal Information with vendors who are performing services for the Company, such as the servers for our email communications who are provided access to user's email address for purposes of sending emails from us. Those vendors use your Personal Information only at our direction and in accordance with our Privacy Policy.

In general, the Personal Information you provide to us is used to help us communicate with you. For example, we use Personal Information to contact users in response to questions, solicit feedback from users, provide technical support, and inform users about promotional offers.

We may share Personal Information with outside parties if we have a good-faith belief that access, use, preservation or disclosure of the information is reasonably necessary to meet any applicable legal process or enforceable governmental request; to enforce applicable Terms of Service, including investigation of potential violations; address fraud, security or technical concerns; or to protect against harm to the rights, property, or safety of our users or the public as required or permitted by law.

#### *Non-Personal Information*

In general, we use Non-Personal Information to help us improve the Service and customize the user experience. We also aggregate Non-Personal Information in order to track trends and analyze use patterns on the Site. This Privacy Policy does not limit in any way our use or disclosure of Non-Personal Information and we reserve the right to use and disclose such Non-Personal Information to our partners, advertisers and other third parties at our discretion.

In the event we undergo a business transaction such as a merger, acquisition by another company, or sale of all or a portion of our assets, your Personal Information may be among the assets transferred. You acknowledge and consent that such transfers may occur and are permitted by this Privacy Policy, and that any acquirer of our assets may continue to process your Personal Information as set forth in this Privacy Policy. If our information practices change at any time in the future, we will post the policy changes to the Site so that you may opt out of the new information practices. We suggest that you check the Site periodically if you are concerned about how your information is used.

#### IV. YOUR RIGHTS REGARDING THE USE OF YOUR PERSONAL INFORMATION

You have the right at any time to prevent us from contacting you for marketing purposes. When we send a promotional communication to a user, the user can opt out of further promotional communications by following the unsubscribe instructions provided in each promotional e-mail or text. Please note that notwithstanding the promotional preferences you indicate by either unsubscribing or opting out via email to [info@mbtherapies.com](mailto:info@mbtherapies.com), we may continue to send you administrative emails including, for example, periodic updates to our Privacy Policy.

#### V. LINKS TO OTHER WEBSITES

As part of the Service, we may provide links to or compatibility with other websites or applications. However, we are not responsible for the privacy practices employed by those websites or the information or content they contain. This Privacy Policy applies solely to information collected by us through the Site and the Service. Therefore, this Privacy Policy does not apply to your use of a third party website accessed by selecting a link on our Site or via our Service. To the extent that you access or use the Service through or on another website or application, then the privacy policy of that other website or application will apply to your access or use of that site or application. We encourage our users to read the privacy statements of other websites before proceeding to use them.

#### VI. CHANGES TO OUR PRIVACY POLICY

The Company reserves the right to change this policy and our Terms of Service at any time. We will notify you of significant changes to our Privacy Policy by sending a notice to the primary email address specified in your account or by placing a prominent notice on our site. Significant changes will go into effect 30 days following such notification. Non-material

changes or clarifications will take effect immediately. You should periodically check the Site and this privacy page for updates.

## VII. CONTACT US

If you have any questions regarding this Privacy Policy or the practices of this Site, please contact us by sending an email to [info@mbtherapies.com](mailto:info@mbtherapies.com)

## VIII. SMS Terms & Conditions

By accessing and using the SMS services provided by Mind & Body Therapy, you agree to these Terms and Conditions. Please read them carefully before opting in to our SMS services. If you do not agree with any part of these Terms, you should refrain from using our SMS services.

We reserve the right to update or modify these Terms and Conditions at any time. Changes will be effective immediately upon posting. We encourage you to review these Terms periodically for updates to stay informed of your rights and obligations.

Mind & Body Therapy provides SMS notifications as part of our counseling and spa therapy services. By opting into our SMS services, you agree to receive text messages from us.

Message frequency may vary between 1 and 100 messages depending on your engagement and the nature of the service. Standard message and data rates may apply based on your mobile service provider's terms.

You can opt-in for SMS notifications through our website or other designated opt-in methods. If at any time you wish to opt-out of SMS notifications, you can do so by replying

"STOP" to any message, emailing us at [info@mbtherapies.com](mailto:info@mbtherapies.com) or by contacting us through the Contact Us page on our website.

Mind & Body Therapy does not currently solicit or accept donations via SMS communication.

All content included in our SMS messages, including text, graphics, logos, and images, is protected by copyright and trademark laws. This content is the property of Mind & Body Therapy and may not be reproduced, distributed, or used without our prior written consent.

If you submit user-generated content in response to our SMS services, you grant us a non-exclusive, royalty-free, perpetual, and irrevocable license to use, reproduce, modify, adapt, publish, and display such content on any platform affiliated with Mind & Body Therapy.

For details on how we collect, use, and protect your personal information, please review our Privacy Policy. It outlines your rights and our responsibilities in safeguarding your data.

Mind & Body Therapy makes no representations or warranties about the accuracy, completeness, or reliability of the content included in our SMS communications. All content is provided "as is" without any guarantees or promises of any kind.

If you have any questions regarding these Terms and Conditions for SMS services, please reach out to us through our Contact Us page, emailing us at [info@mbtherapies.com](mailto:info@mbtherapies.com) or by phone at 214.764.3833.

Last Updated: This Privacy Policy was last updated on 12/16/2024