

WAIVER AND RELEASE OF LIABILITY AND ASSUMPTION OF RISK

In consideration of me being allowed to participate in any way in any Maryland CA Seminar (“Activity”), I agree:

1. I understand dangers may be caused by my own actions, or inaction’s, the actions or inaction’s of others participating in the Activity, and the condition. I understand the nature of Maryland CA Activities and acknowledge my experience and capabilities and believe I am qualified to participate in such Activity. I further acknowledge that I am aware that the activity will be conducted in facilities open to the public during the Activity. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. I FULLY UNDERSTAND that: (a) Maryland CA Activities involve risks and dangers of SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH (“Risks”); (b) these Risks in which the Activity takes place or THE NEGLIGENCE OF THE “RELEASEES” NAMED BELOW; (C) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES incurred as a result of my participation in the Activity.

3. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO HOLD HARMLESS the Maryland CA seminar, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Maryland CA seminar takes place (each considered one of the “Releasees” herein) from all liability, claims, demands, losses, or damages on account caused or alleged to be caused in whole or in part by the negligence of the “Releasees” or otherwise, including negligent rescue operations and further agree that if, despite this release, I, or anyone on my behalf makes a claim against any of the Releasees named above, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND IT’S TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY THE LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THAT THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Printed Name of Participant Printed Name of Witness Date

Signature of Participant Signature of Witness Date

The Maryland Board of Chiropractic Examiners has approved these two courses (5 CEUs each course). They will satisfy the requirement of 10 CEUs for the current renewal period: March 31, 2007 - March 31, 2009.

PROGRAM #1: FROM REHAB TO RETURN TO PLAY – 5 CEUs

DATE: Sunday, May 18, 2008
TIME: 8:00 a.m. – 1:30 p.m.
LOCATION: Holy Cross Hospital
1500 Forest Glen Road
Silver Spring, MD 20910
301-754-7000
Professional and Community Education Center

AGENDA:

- I Jurisprudence – 1 hour (Mr. Jim Vallone)
- II Introduction to Injury Mechanisms - 1 hour
- III Fundamentals of Sports Performance - 1 hour
- IV Functional Movement Assessment - 1 hour
- V Corrective Exercise - 1 hour

PROGRAM #2: SHOULDERS AND KNEES – 5 CEUs

DATE: TBA (Fall 2008)
TIME: 8:00 a.m. – 1:30 p.m.
LOCATION: Holy Cross Hospital
1500 Forest Glen Road
Silver Spring, MD 20910
301-754-7000
Professional and Community Education Center

AGENDA:

- I Jurisprudence – 1 hour (Mr. Jim Vallone)
- II Shoulder Lecture - 1 hour
- III Shoulder Practical – 1 hour
- IV Knee Lecture – 1 hour
- V Knee Practical – 1 hour

Dr. Steven Horwitz is certified in Sports Injury Care, as a Strength and Conditioning Specialist and a USA Weightlifting Club Coach. Dr. Horwitz was selected by the United States Olympic Committee as the sole chiropractor for the 1996 United States Olympic Team and has traveled internationally with U.S.A. Track and Field. In 1996, the Governor appointed Dr. Horwitz to the Maryland Council on Physical Fitness and served as Chairman of the council from 2002 to 2004. In 2004, Dr. Horwitz was selected as the Maryland State Director for the National Strength and Conditioning Association. He is a recipient of the Maryland Chiropractic Association's Outstanding Achievement Award and *Washingtonian* magazine has chosen him as one of the area's top sports medicine doctors. Dr. Horwitz is the author of the books **YOU CAN BE FIT!, Rotator Cuff Relief, and Golf Fitness Made Easy!** He competes in powerlifting and bodybuilding.