



Helene's Health & Fitness

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585-509-1190

Helene's Health & Fitness is a personalized and individualized health, nutrition and fitness service. Working with people to feel healthier and better about themselves is what we do best! We want the hour that you spend with us to be the best hour of your day. In order to do this, we schedule a specific appointment time for you for each visit.

If for some reason you cannot keep an appointment, we require that you call our office at least 24 hours in advance to cancel. If an appointment is not cancelled with this 24-hour notice, you will be charged for the hour.

I _____ have read the above statement and understand that I will be charged for any appointments not kept or not cancelled with 24-hour notice.

Client Signature

date