



# TERMS OF USE

Alive & Well(ish), LLC

Last Updated: 02.20.2026

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## 1. Acceptance of Terms

These Terms of Use (“Terms”) govern your access to and use of:

- [www.aliveandwellish.com](http://www.aliveandwellish.com) (the “Website”)
- All free and paid programs, courses, and digital products
- Coaching and non-coaching services
- Email communications
- Downloadable materials
- Private or public communities
- Social media accounts operated by Alive & Well(ish), LLC, including but not limited to LinkedIn, Facebook, Instagram, and YouTube
- Any related content, services, or materials (collectively, the “Services”)

By accessing, purchasing, viewing, or using any part of the Services, you agree to be legally bound by these Terms.

If you do not agree, do not use the Services.

Alive & Well(ish), LLC (“Company,” “we,” “us,” or “our”) reserves the right to modify these Terms at any time. Continued use after updates constitutes acceptance.

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## 2. Eligibility

You must be at least 18 years old to access or use the Services. By using the Services, you represent and warrant that you meet this requirement.

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### **3. Scope of Services & Disclaimer**

Alive & Well(ish) provides educational, informational, and developmental content.

The Services:

- Do not constitute medical advice, diagnosis, or treatment
- Do not constitute mental health advice, diagnosis, or treatment
- Do not constitute therapy
- Do not constitute legal or financial advice
- Are not a substitute for licensed professional services

You are solely responsible for your decisions, actions, and outcomes. We make no guarantees regarding results.

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### **4. Code of Conduct**

Your use of the Services is subject to our Code of Conduct, which is incorporated into these Terms by reference.

By accessing the Services, you agree to:

- Engage respectfully
- Refrain from harassment, intimidation, or abuse
- Avoid defamatory, unlawful, or harmful speech
- Refrain from solicitation, spam, or promotion
- Avoid disruption of programs or communities

Alive & Well(ish), LLC reserves the right, at its sole discretion, to:

- Remove comments or content
- Suspend or terminate access
- Cancel enrollment
- Block users from platforms
- Refuse service

With or without notice, and without refund if termination results from violation of these Terms.

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## 5. Intellectual Property & Ownership

All content provided through the Services, including but not limited to:

- Text
- Frameworks
- Program structures
- Course materials
- Worksheets
- Videos
- Audio
- Emails
- Graphics
- Logos
- Trademarks (including RISE with Rae™)
- Brand elements
- Downloadable materials

Are the exclusive property of Alive & Well(ish), LLC and are protected by copyright and intellectual property laws.

You may not:

- Copy, reproduce, republish, distribute, or sell content
- Share paid materials
- Upload materials to public or private file-sharing platforms
- Use materials for commercial purposes
- Train AI systems using our materials
- Create derivative works
- Claim ownership
- Remove copyright notices

You may share public links with proper attribution.

Unauthorized use may result in legal action.

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## 6. Payments, Access & Digital Products

Access to paid content is granted for personal, non-commercial use only.

Due to the digital nature of products and immediate access to intellectual property, all sales are final unless otherwise stated in specific program Terms & Conditions.

We reserve the right to:

- Modify pricing
  - Cancel participation
  - Remove access for violations
  - Refuse service
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## **7. Prohibited Conduct**

You agree not to:

- Scrape or harvest data
- Use automated bots
- Reverse engineer systems
- Attempt unauthorized access
- Impersonate others
- Post unlawful or harmful material
- Collect email addresses
- Engage in unsolicited solicitation
- Disrupt Services
- Violate intellectual property

Violation may result in immediate termination.

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## **8. Third-Party Links & Platforms**

The Services may contain links to third-party websites or platforms.

We are not responsible for:

- Third-party content
- Privacy practices
- Security
- Availability
- Accuracy

Your use of third-party services is at your own risk.

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## **9. Cookie Policy**

Alive & Well(ish), LLC uses cookies and similar tracking technologies to:

- Improve website functionality

- Analyze usage patterns
- Enhance user experience
- Monitor performance and engagement

Cookies may collect:

- IP address
- Browser type
- Device information
- Site usage data

By using the Website, you consent to the use of cookies unless you disable them in your browser settings.

Disabling cookies may affect functionality.

For additional details regarding personal data, please review our [Privacy Policy](#).

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## **10. No Guarantees**

We do not guarantee:

- Specific results
- Business outcomes
- Income increases
- Health changes
- Career advancement
- Emotional or psychological outcomes

Individual results vary.

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## **11. Limitation of Liability**

To the fullest extent permitted by law, Alive & Well(ish), LLC and its owners, contractors, affiliates, and agents shall not be liable for:

- Indirect damages
- Incidental damages
- Consequential damages
- Lost profits
- Lost data
- Emotional distress
- Business interruption

Your sole remedy is to discontinue use of the Services.

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## **12. Indemnification**

You agree to indemnify and hold harmless Alive & Well(ish), LLC from any claims, liabilities, damages, costs, or expenses arising from:

- Your use of the Services
  - Your violation of these Terms
  - Your infringement of intellectual property
  - Your misconduct
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## **13. Termination**

We reserve the right to:

- Terminate access
- Cancel memberships
- Remove users
- Block participation

At our sole discretion and without liability.

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## **14. Governing Law**

These Terms are governed by the laws of the State of Michigan. All disputes shall be resolved exclusively in the courts of that state.

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## **15. Severability**

If any provision is found unenforceable, the remaining provisions remain in effect.

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## **16. Entire Agreement**

These Terms constitute the entire agreement between you and Alive & Well(ish), LLC regarding the Services.

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## **17. Contact**

Alive & Well(ish), LLC

*connect@aliveandwellish.com*

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