

HOLD HARMLESS RELEASE:

FOR RECIPIENTS OF SERVICE FROM CARING NET PROGRAM

The Caring Net Program is a volunteer service through the Zen Center of Los Angeles. While the Zen Center of Los Angeles is willing to offer the opportunity for the organization and function of the Caring Net Program to assist others, it is unwilling to accept any liability that may arise as a result of any action of any volunteer or service recipient. I understand that members of the Caring Net Program are volunteers and that they are not trained medical professionals. I understand that my physical, mental and emotional well-being are my own responsibility. I hereby release Zen Center of Los Angeles, its officers, directors, staff and teachers, including, without limitation, the members of the Caring Net Program (collectively "ZCLA") with respect to any and all injury, disability, death or loss or damage to person or property sustained by me in the course of any services that I receive from the Caring Net Program or any member thereof.

Further, I hereby indemnify, agree to defend and hold ZCLA harmless from and against any and all claims, actions and causes of action, injuries (including without limitation physical, financial, legal and reputational injuries), damages, costs, expenses and losses sustained by ZCLA arising from my conduct or my participation in any activities that I receive through the Caring Net Program.

Signed _____

Witnessed by: _____

Date: _____