

Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health by UFIT

Session Date: Saturday, 7 November 2026, 2:00PM – 3:30PM

I intend to participate in **Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health** which has been organised by Prudential Assurance Company Singapore (Pte) Limited (“Prudential”). I hereby agree and undertake as follows:

1. I am physically fit and capable of participating in **Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health** and have not been advised otherwise by a qualified medical practitioner.
2. I am aware that **Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health** will be conducted with exercise equipment. I shall waive any claim for bodily or property damage that may be caused as a result of participating in this class.
3. I am aware of the potential risk involved in running that may expose every participant including myself to the risk of bodily injury, damage, or even death.
4. I declare that all the information that I have provided is accurate and I am fit to participate in **Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health**.
5. Prudential makes NO WARRANTIES, PROMISES, or GUARANTEES that **Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health** is safe for me. It is solely my responsibility to determine whether the **Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health** exposes me to an unreasonable risk of injury, harm or loss;
 - (a) While participating in the **Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health**, I may be

exposed to inherent risks and dangers of accidents such as injury and/or physical harm, health-related issues and/or even death;

- (b) As a consequence, these risks may result from my own actions, inactions or negligence, as well as from the actions, inactions, or negligence of others, the rules of play, or the condition of the premises;
- (c) Hospital facilities, qualified medical care, and emergency medical evacuation may be limited or unavailable during all or portions of the **Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health**; and
- (d) Prudential assumes no responsibility for providing medical care during **Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health**, and I will have to pay for any medical care and/or evacuation that I incur.

6. Assumption of the Risk: I voluntarily, knowingly, and expressly acknowledge, accept and assume the above-mentioned risks as well as any and all risks, both known and unknown, of any harm, personal injury, death, loss or damage that may be suffered by me or to my property as a result of my participation and/or my decision to participate in the **Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health** or during any transportation to and from the **Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health** venue, howsoever caused, be it in whole or in part by the action, inaction or negligence of others, including but not limited to, the negligence of the **Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health** participants, Prudential, its affiliates, divisions, agents, representatives, employees, directors, successors and assigns, and third parties acting on the Prudential's behalf, jointly and individually.
7. RELEASE OF LIABILITY: I hereby agree not to sue and irrevocably and unconditionally release, waive and forever discharge the Prudential, its past, present and future parents, subsidiaries (whether or not wholly owned), affiliates, divisions, agents, representatives, employees, directors, successors and assigns, third parties acting on the Prudential's behalf, jointly and individually (hereinafter collectively referred to as "Released Parties"), from any and all claims, demands, causes of action, losses and liabilities, whether known or unknown, whether based in strict liability, negligence or otherwise, arising in any way from any

personal injury, death, loss or damage suffered by me or any other person or property during **Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health** (including during transportation to and from **Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health** venue) or in any way related to my participation and/or decision to participate in **Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health**, save and except where the personal injury or death is proven to be directly caused by or resulting from the Released Parties' negligence. This release shall be binding on all of my successors-in-interest and heirs.

8. INDEMNIFICATION HOLD HARMLESS AND DEFEND: I further agree to INDEMNIFY, KEEP INDEMNIFIED, HOLD HARMLESS AND DEFEND the Released Parties from and against any and all claims, actions, proceedings, liabilities, losses, damages, demands and expenses, including all costs associated with any potential litigation and/or litigation (inclusive of Solicitor and Client ("S&C") costs and Party and Party ("P&P") costs) and all other costs, charges and expenses incurred directly or indirectly on a full indemnity basis or arising due to my actions, inactions, negligence and/or conduct during **Fuel & Strength Through Menopause: A nutrition seminar and workout for energy, strength and long-term health**. I agree to reimburse the Released Parties for any damages, reasonable settlements, legal fees and defense costs, including all costs associated with any potential litigation and/or litigation (inclusive of S&C costs and P&P costs) that they incur because of any such claims made against them. I agree that in the event of my death or disability, the terms of this Undertaking, including the indemnification obligation in this Clause, will be binding on my estate, and my personal representative, executor or administrator will be obligated to respect and enforce them.