



Legal Notice

Last updated: 6 June 2025

I am not a medical professional, and the information shared in my [communications/content/services] is not intended to replace the advice, diagnosis, or medical intervention of a qualified medical, clinical, or professional expert. It is important to consult with a healthcare professional for personalised guidance regarding your specific situation.

I cannot provide medical diagnoses or prescribe medications. However, what I can offer is a safe and supportive space, along with guidance, encouragement, and an abundance of care. My [communications/content/services] are designed to foster well-being and provide general information on [relevant topics]. They are not a substitute for professional medical advice.

If you have specific health concerns or require medical attention, please consult with a qualified healthcare professional promptly. Your health and well-being are of utmost importance, and it is essential to seek the advice of a licensed professional for any medical or mental health issues.

By engaging with my [communications/content/services], you acknowledge and understand that they are not a replacement for professional medical advice, diagnosis, or treatment.

Thank you for your understanding.

Bridget

CONTACTING ME

If you have any questions or comments about this policy, please contact me at bridget@wellnesswithbridget.co.uk

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Wellness with Bridget

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