

Hi Dear One,

Great to see you on the books! I wanted to send along my current guidelines to keep the office and common space clean + keeping you well.

Attached below are my health & safety practices & hand washing stations at the North office~ Fremont location.

If you are:

- sick (fever, body aches, cough, sore throat or shortness of breath)
- have been in close contact with someone who has similar symptoms
- have tested positive for Covid-19

Please stay at home and let's reschedule for a few weeks out.

Additionally, if you've potentially been exposed to Covid (regardless of vaccine status), I'm requiring a negative Covid test be screenshot to me with your name & test results via text or email prior to your next booked treatment.

This is to continue to keep our communities as safe & thriving as possible as the variants dance.

I will continue to waive my cancellation policy when related to covid.

If you have not experienced any of the above symptoms prior to your booked appointment I trust we can meet for our session. Please contact me anytime with further inquiries or concerns.

Looking forward to working with you soon!

With Heart,

Heidi

*Root Down Healing Arts  
Untwist & Be*