

PRIVACY AND COOKIE POLICY

Acknowledgment & Acceptance of Terms

Creedmoor Wellness Center/LTLOL (the "Company") is dedicated to protecting privacy while using the services of www.CreedmoorWellness.com. This privacy policy statement explains information collection and use practices for the Site. By accessing the Site, you are agreeing with and consenting to the data collection and use practices described in this privacy policy. This privacy policy statement expressly incorporates and is subject to the Terms of Use ("TOU") for the Site, which may be separately accessed via a hypertext link located on its homepage. The provisions, terms, and conditions set forth in the TOU shall supersede, govern and control in the event of any actual or potential inconsistency or conflict with the contents of this privacy policy statement.

Creedmoor Wellness Center/LTLOL is committed to protecting your privacy and takes very seriously the usage, collection, and transference of personal data. The policy below states our current privacy practices with regard to the information we collect when your computer or you personally interact with our website.

By accessing Creedmoor Wellness Center/LTLOL, you acknowledge and freely consent to the practices described in this privacy policy. You also give your consent to the information collection practices described below.

Participating Vendor/Merchant Policies

This website offers services (like data collection forms) that link to websites other than Creedmoor Wellness Center/LTLOL. These sites have their own privacy terms. Because we do not have direct control over these sites, we are not responsible for the content or the privacy practices of those sites.

Below you will find links to the sites we partner with, along with links to their privacy policies. We recommend that you review these policies before providing personal or confidential data or before completing any transactions with these sites.

Information Collection & Cookies

We use cookies on, www.CreedmoorWellness.com for a number of purposes. They help me/us to provide you with a good experience when you browse this website. They also allow me/us to improve my site and deliver to you a website you want to browse and enjoy. By continuing to browse the site, you agree to the use of cookies as detailed below.

First, what is a cookie?

A cookie is a small file of letters and numbers that I/we store on your browser or the hard drive of your computer. You can find more information about web cookies here:

https://en.wikipedia.org/wiki/HTTP_cookie

We use the following cookies:

- **Strictly necessary cookies.** These are cookies that are required for you to use the features available on this website. They include, for example, the ability to login and post a comment.
- **Analytical/performance cookies.** These cookies allow us to recognize, track, and count the number of visitors who come to this website. They also allow us to track broken pages on the website and to count what visitors do when they click through the website.
- **Functionality cookies.** These cookies allow us to track and remember your preferences for our website. For example, we can personalized content for you, greet you by name and/or remember your preferences (for example, your choice of language or region).

We use two different kinds of cookies on this website: First party and third-party cookies (both defined in detail on the wikipedia link above).

First-party cookies

These cookies are specifically about www.CreedmoorWellness.com and soul.thewideawakening.com and track your usage of this website. These cookies are considered essential for the website to operate correctly. These cookies, none of which capture personally identifiable information, include:

- Visitor ID – this cookie is a numeric value that identifies unique visitors and provides coherence and consistency to a site visit- it is anonymous and contains no personally identifying information;
- Page number – this cookie identifies the page you are on;
- Session ID – this cookie identifies your website session;
- Test – this cookie checks whether or not your browser supports cookies;

Third-party cookies

This website sets different types of third-party cookies to track usage, social sharing and more. These cookies are not under my/our control, and serve to help us understand the visitors who come to the website, as well as support our connection to other third party sites. (Again, see the wikipedia page above for detailed explanations of third party services/cookies).

Included in our list of third-party cookies are the following services:

- **Google Analytics** –Google Analytics is used to collect data about website usage. This data does not include personally identifiable information. You can view the Google Privacy Policy here: www.google.com/policies/privacy/.
- **Social Sharing**– a cookie is used when you use the social sharing service on our website to share a link with LinkedIn, Facebook, Twitter, etc. More information about the Sharing app privacy policy can be found here: <https://jetpack.com/support/sharing/#privacy> under the Site Visitors sections.
- **Facebook** –a Facebook pixel may be used to obtain information regarding the activities that users engage in while visiting our web pages. For information on Facebook’s Privacy and Cookie policy, visit <https://www.facebook.com/policies/cookies/>
- **Blog Comments**– If you leave a comment on our site you may opt-in to saving your name, email address and website in cookies. These are for your convenience so that you do not have

to fill in your details again when you leave another comment. These cookies will last for one year.

Your rights with cookies:

Cookies are set by many entities and may include the website's owners/developers/managers, plugins, third-party providers, advertisers and anyone else who collects or uses the website's data.

As a user of this (or any) website, you can block cookies by activating the setting on your browser that allows you to refuse the setting of some, or all cookies. However, if you use your browser settings to block all cookies (including essential cookies) you may not be able to access all or parts of the site.

To learn how to block cookies, simply go to Google and type in "how do I block cookies" on whatever browser you use (Chrome, Firefox etc.) and you will find the details needed to block some or all cookies on your browser.

Additional data storage and privacy policy considerations

In addition to the non-personally identifiable data collected by cookies, this website also offers the ability to contact with us via contact forms, newsletter registration forms, downloadable ebooks, free downloadable gifts, webinars and other similar files.

To receive free gifts from this website, we require that you share your personal information consisting of your first and last name and your email address. In some cases we have additional optional fields. In most cases, information is gathered and stored in the website database or via a third-party service like Infusionsoft. All information gathered via any form on this website can be deleted upon request.

Information and informational items are provided in exchange for adding your email address and possibly your name, business and or website information to one of our mailing lists. All mailing lists are stored and executed via Infusionsoft for the sole purpose of communicating information, as well as occasional marketing of services and products. Each mailing list will specifically detail what type of emails you may receive and possibly the frequency. You

may unsubscribe from said email list(s) at any time by using the unsubscribe link provided in every email.

- Any payments for any products or informational items are processed securely via PayPal. PayPal's privacy policy is listed at : <https://www.paypal.com/us/webapps/mpp/ua/privacy-full>

ADDITIONAL:

Articles on this site may include embedded content (e.g. videos, images, articles, etc.). Embedded content from other websites behave in the exact same way as if the visitor has visited the other website.

These websites may collect data about you, use cookies, embed additional third-party tracking, and monitor your interaction with that embedded content, including tracing your interaction with the embedded content if you have an account and are logged in to that website.

When visitors leave comments on the site, the data collection form collects the data shown in the comments form, and also the visitor's IP address and browser user agent string to help spam detection. If you leave a comment, the comment and its metadata are retained indefinitely. This is so we can recognize and approve any follow-up comments automatically instead of holding them in a moderation queue. Visitor comments may be checked through an automated spam detection service.

An anonymized string created from your email address (also called a hash) may be provided to the Gravatar service to see if you are using it. The Gravatar service privacy policy is available here: <https://automattic.com/privacy/>. After approval of your comment, your profile picture is visible to the public in the context of your comment.

Your Data Rights

If you have left comments, you can request to receive an exported file of the personal data we hold about you, including any data you have provided to us. You can also request that we erase any personal data we hold about you. This does not include any data

we are obliged to keep for administrative, legal, or security purposes.

Your information is never shared or sold to others for marketing purposes, and is only shared with third-party services as necessary and explained above. If at any time you wish to find out how your data is stored and/or opt out of communication, email, or to have your data deleted, please direct your request to the email, address and/or phone number below.

We welcome your comments regarding this privacy policy statement. You may contact us via email at drhanlydc@creedmoorwellness.com

Effective date: May 16, 2018

Last update: July 25, 2018