

# PRIVACY POLICY

Lisa Nelson RD LLC ("the Company") provides nutrition education and business consulting/support services on [www.lisanelsonrd.com](http://www.lisanelsonrd.com), [www.detailprojectmanagement.com](http://www.detailprojectmanagement.com), and related websites (the "Site"). Our content includes information about nutrition and business and also provides links to other nutrition and business sites. While we encourage the interactive nature of our website, we strive to promote the online safety and privacy of our users.

We have implemented this Privacy Policy governing the personally identifiable information ("Personal Consumer Information") collected by this Site. This Privacy Policy does not govern Personal Consumer Information collected from any other source or in any other manner.

## Overview

This Privacy Policy is intended to provide you with information as to: (i) the type of information that is collected, (ii) how collected information is used and with whom it is shared; (ii) how we intend to protect the information; and (iii) how you can access, modify and/or delete such information.

## Opt in or Opt out

If you "opt in" to receive information from us or others, you can change your mind later. If, at any time, you would like to stop receiving such information or opt out of a feature, you may notify us here. You should be aware, however, that it is not always possible to completely remove or modify information in our databases and servers, although we will always make reasonable efforts to do so upon your request, and we are unable to have your information removed from the records of any third party who has been provided with your information in accordance with this policy.

## Collection of Information

**Information You Provide to Us:** We may collect information about you when you visit and interact with this Site. Some of this information may be automatically collected, and some is collected when you interact with the Site. The type of information that may be automatically collected may include date and time of access of the Site, the Internet protocol address of the computer that you are using, the domain and host from which you access the Internet, your browser software and operating system, and the specific activities you are engaged in while visiting the Site.

Information from which you can be personally identified may also be collected by us at the Site, including your name, postal address, email address, telephone number, and credit card number (referred to as "Personal Consumer Information") and/or any other identifier that permits the physical or online

contacting of you in connection with your use of, or participation in any of the following: membership registration, contests, sweepstakes, promotions, surveys, forums, subscription registrations, content submissions, chats, bulletin boards, discussion groups, requests for suggestions, visitors' requests for free products or services or additional information (including via email to us) and in connection with other activities, services or resources we make available on any of our Sites. In all these cases, we will collect personal consumer information from you only if you voluntarily submit such information to us. Further, the Company may contact you based on the information you provide online whether in connection with your registration or in such places as the above described forums.

Of course, you may choose not to provide certain information to us, but if so, you may not be able to participate in certain of the activities and transactions available at the Site. Use of "Cookies" and Other Technologies: We may use "cookies" and/or other technologies or files (collectively, "cookies") to identify how visitors make use of this Site. This aggregate tracking information may be used to help us improve and enhance the website experience for all of our visitors. If you would prefer not to have such cookies stored on your computer, you may modify your browser settings to reject most cookies, or manually remove cookies that have been placed on your computer. However, by so rejecting the cookies, you may be unable to fully access the offerings on this Site. Electronic Communication: When you communicate with us electronically, via email, when opting to receive our ezine or otherwise, you consent to our use of the information you have provided, and you further consent to receive electronic communications from us and our affiliated entities. If you would prefer not to receive such communications, you can opt out of our email lists by either clicking on the "unsubscribe" line at the bottom of the email, or by emailing us directly at [lisa@lisanelsonrd.com](mailto:lisa@lisanelsonrd.com).

### **Use of Web Beacons or GIF files**

Web pages may contain electronic images known as Web beacons – sometimes also called single-pixel gifs – that allow for user tracking of who visited those web pages and to deliver co-branded services. Web beacons may be included in promotional e-mail messages or newsletters in order to determine whether messages have been opened and acted upon. Some of these Web beacons may be placed by third party service providers to help determine the effectiveness of our advertising campaigns or email communications. These Web beacons may be used by these service providers to place a persistent cookie on your computer. This allows the service provider to recognize your computer each time you visit certain pages or emails and compile anonymous information in relation to those page views, which in turn enables us and our service providers to learn which advertisements and emails bring you to our website and how you use the site. Web beacons are prohibited from being used to collect or access your personal information.

## **Shopping**

When you seek to shop for products on this Site, this Site may collect information about its users to help improve your shopping experience or to make occasional product or service offers for which you may be interested.

## **Security of Information**

The Company uses reasonable standards of confidentiality and security for this Site and for the Personal Consumer Information collected from this Site. The Personal Consumer Information you provide is secured using industry standard e-commerce security technology. We also restrict our own employees' access to Personal Consumer Information. However, it is possible that someone may intercept or access communications, transmissions and/or Personal Consumer Information. You must also seek to protect against unauthorized access to any information that you use in connection with this website, and you should remember to close the browser once you have completed your activities on the Site or if you have decided to step away from your computer. In the event that we determine that there has been a security breach resulting the unauthorized disclosure of Personal Consumer Information to a third party, we will notify consumers whose Personal Consumer Information has been so disclosed by posting such information on the Site and, if email contact is possible, then we would send an email advising of the status.

## **Use and Sharing of Personal Consumer Information**

Except as otherwise provided in this policy, we reasonably attempt to ensure that we never intentionally disclose any personal consumer information about you as an individual user to any third party without having received your permission (through opting in or similar procedures) except as provided for herein or otherwise as permitted or required under law.

We have the following exceptions to this policy: We will release specific information about you or your account to comply with any valid governmental inquiry or legal inquiry or process such as a search warrant, subpoena, statute or court order. We will also release specific information in special cases, such as if there is an attempted breach of the security of the Sites or a physical or property threat to you or others. We may also transfer user information, including personal consumer information, in connection with a corporate merger, consolidation, the sale of related assets or corporate division or other fundamental corporate change. We may provide access to your personal consumer information to our contractors who are performing services for us in connection with our Sites or the services that you have requested.

In addition, on occasion, we may collect personal consumer information from you in connection with optional contests, special offers or promotions. We will share such information with necessary third parties for the purpose of carrying

out the contest, special offer or promotion. Your participation in the contest, special offer or promotion constitutes your consent to such disclosure and use of such information.

Further, the information you enter when making a purchase will be shared with payment processors, financial gateways and your credit card company to authorize credit card payments. Such information may also be shared with necessary third parties solely for the purpose of carrying out the transactions.

Please note that if you give out personal information online such as in a forum or message board, that information is not protected, is visible to the public and other visitors of the Site and can be collected and used by third parties. Although we strive to protect our users' privacy, we cannot guarantee the security of information you voluntarily post and we have no control over how such third parties may use your information. You disclose any personal information at your own risk.

In addition, you are responsible for the confidentiality of your information and password. You are responsible for all uses of your registration, whether or not authorized by you. You agree to immediately notify us of any unauthorized use of your registration or password.

### **Sharing of User Content on the Site**

When you voluntarily send us emails, questions, stories, photos and/or other User Content, you are authorizing us to use or post these materials on our Site. Please note that we will not return any materials provided to us.

### **Accessing Your Information**

You may update and/or correct the Personal Consumer Information collected on the Site, or seek to have such information deleted from our records, by us emailing us at [lisa@lisanelsonrd.com](mailto:lisa@lisanelsonrd.com).

### **Linked Sites**

From time to time, the [LisaNelsonRD.com](http://LisaNelsonRD.com) and/or [DetailProjectManagement.com](http://DetailProjectManagement.com) websites may provide links to other websites that are not controlled and/or owned by the Company. Please be aware that these other websites may have different privacy policies that may subject you to different privacy practices. Please review the privacy policies of such other websites for information concerning what information is collected on such sites and how it is used.

### **Changes in Policy**

From time to time, this Privacy Policy may change. We will post changes to the Privacy Policy at this Site. Please review this Privacy Policy often so that you will be aware of the Company's current policies, including our policies

concerning the gathering and use of information that may be collected on our Site. This Privacy Policy was last updated on 3/30/2012 and is effective immediately.

### **Contact Us**

If you have any questions concerning this Privacy Policy, please send us an email at [lisa@lisanelsonrd.com](mailto:lisa@lisanelsonrd.com).

### **Governing Law**

THESE TERMS AND THE INTERPRETATION OF THESE TERM SHALL BE GOVERNED BY AND CONSTRUED IN ACCORDANCE WITH THE LAWS OF THE STATE OF SOUTH DAKOTA, WITHOUT REGARD TO ITS CONFLICTS OF LAWS RULES AND SPECIFICALLY WILL NOT BE GOVERNED BY THE UNITED NATIONS CONVENTIONS ON CONTRACTS FOR THE INTERNATIONAL SALE OF GOODS, IF OTHERWISE APPLICABLE.

## **Jurisdiction and Venue**

You waive all rights to trial by jury in any action or proceeding instituted in connection with these Terms and/or the Web Site. Any controversy or claim arising out of or relating to these Terms and/or the Web Site shall be settled by binding arbitration in accordance with the commercial arbitration rules of the American Arbitration Association. Any such controversy or claim shall be arbitrated on an individual basis, and shall not be consolidated in any arbitration with any claim or controversy of any other party. The arbitration shall be conducted in the State of South Dakota, in the City of Custer, County of Custer, and judgment on the arbitration award may be entered into any court having jurisdiction thereof. Any matters or proceedings that are not subject to arbitration as set forth in this Section 18 of these Terms and/or for entering any judgment on an arbitration award, shall take place in the State of South Dakota, in the City of Custer, County of Custer. You waive the defense of forum non conveniens.

## **Section Titles**

The section titles in these Terms are for your convenience only and do not have any legal or contractual effect.

## **Construction and Enforcement of Terms**

You agree that this Privacy Policy will not be construed against Company by virtue of having drafted this Policy. If any provision of this Policy shall be held invalid or unenforceable by any court of competent jurisdiction or as a result of future legislative action, such holding or action shall be strictly construed and shall not affect the validity or effect of any other provision of this Policy. Failure to enforce any provision of this Policy or other applicable agreement will not result in a waiver of that term or of any other term. No waiver on the part of Company of any of the provisions of this Policy will be of any force or effect unless made in writing and signed by a duly authorized officer of Company. The failure of the Company to exercise or enforce any right or provision of this Policy shall not constitute a waiver of such right or provision. If any portion of this Privacy Policy is deemed unenforceable, unlawful or void by a Court of competent jurisdiction, then that portion of the Privacy Policy will be deemed severable and will not affect the enforceability or validity of the remaining portions of this Privacy Policy.

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