**Privacy Policy for Emails and SMS Communications**

Effective Date: December 1, 2024

Center for Natural Wellness School of Massage Therapy (referred to as "we," "us," or "our") is committed to protecting your privacy. This Privacy Policy outlines how we collect, use, and safeguard your information in connection with our email and SMS communications. By providing your contact information and opting in to receive communications, you agree to the practices described in this Privacy Policy.

**1. Information We Collect**We collect and process the following information to provide you with email and SMS updates:

Contact Information: Your name, email address, phone number, and any additional information you voluntarily provide when subscribing or interacting with us.

Communication Data: Records of the communications we send to you and your interactions with them (e.g., whether you open an email or respond to an SMS).

**2. How We Use Your Information**We use your information to:

Send you updates about programs, classes, and events at the Center for Natural Wellness School of Massage Therapy.

Notify you about promotions, new services, and special offers.

Respond to your inquiries and provide customer support.

Send transactional messages related to your enrollment, payments, or appointment reminders.

**3. Opt-In Consent**You will only receive SMS and email communications if you have explicitly opted in. This can occur through:

Filling out a subscription form.

Checking an opt-in box during an online registration process.

Verbal or written consent provided during interactions with us.

You can withdraw your consent at any time by following the opt-out process outlined below.

**4. Opt-Out Process**You may opt out of receiving emails or SMS communications by:

Clicking the "unsubscribe" link provided at the bottom of any email.

Replying "STOP" to any SMS message you receive.

Contacting us directly at [Insert Contact Information] with your request.

Please note that even after opting out of promotional messages, you may still receive transactional messages related to your enrollment, services, or other required communications.

**5. How We Protect Your Information**We prioritize the security of your information and implement appropriate safeguards to prevent unauthorized access, disclosure, or misuse. These measures include:

Encrypting sensitive data.

Regularly monitoring and updating our security practices.

Limiting access to your information to authorized personnel only.

**6. Sharing Your Information**We do not sell or rent your contact information. We may share your information with:

Service Providers: Trusted third-party vendors who assist us with email and SMS delivery.

Legal Authorities: If required to comply with legal obligations or to protect our rights.

**7. Third-Party Links**Our emails and SMS messages may contain links to third-party websites. We are not responsible for the privacy practices of these external sites, and we encourage you to review their privacy policies.

**8. Your Rights**You have the right to:

Access the information we have about you.

Request corrections to inaccurate information.

Request deletion of your information (subject to legal or contractual obligations).

To exercise these rights, please contact us at [Insert Contact Information].

**9. Changes to This Privacy Policy**We may update this Privacy Policy from time to time. Any changes will be effective when posted on our website with a revised effective date.

**10. Contact Us**If you have any questions or concerns about this Privacy Policy, please contact us:

Center for Natural Wellness School of Massage Therapy  
14 Computer Drive West  
Albany, NY 12205  
[info@cnwsmt.com](mailto:info@cnwsmt.com)  
(518)489-4026

By using our email and SMS communication services, you acknowledge that you have read and understood this Privacy Policy. Thank you for trusting the Center for Natural Wellness School of Massage Therapy with your contact information.