



Meals in Minutes:

How to Use Your Instant Pot or Electric Pressure Cooker

Permission and Assumption of Risk for Participation in
Montana State University Extension Programming

Date: Thursday, January 31

Two Class Offerings: please select time: 2 PM 5:30 PM
Class typically lasts about 2 hours

Location: Corvallis Grange Hall, 130 Dutch Hill Road, Hamilton, MT 59840

Registration fee: \$15 paid to *MSU Extension*, space is limited.
Mail to: 215 S. 4th Street, Ste G, Hamilton, MT 59840

I hereby request and apply to participate in the above listed Montana State University Extension program. I agree that I will abide by all directions and safety guidelines specified by the course leader(s).

I understand and agree that Montana State University and MSU Extension does not provide accident/medical insurance covering me while participating in the workshop, I hereby assume all responsibility for any injury or illness I might sustain while participating in this program.

In consideration of my participation in this workshop, I hereby assume all the risks associated with participation and necessary travel. I have carefully read the foregoing permission and assumption of risk and sign of my own free will and accord.

Full Name: _____

Address: _____

City: _____ **Zip:** _____

Phone Number: _____ **Email:** _____

Preferred Method of Contact: Mail Email Phone

Do you have a health, medical, or other condition which we need to accommodate?

No Yes If yes, please explain: _____

Would you like to be notified of Family & Consumer Science workshops and other opportunities in the future?

No Yes

I authorize the use of photos or videos of myself through MSU Extension.

No Yes

The **MSU Extension** may like to use photos or video that was taken during the above event or activity to use in a press release and other publicity related to this event. The photo or film may be used for the following purposes: website, press release, news story, marketing materials, other. For full release information, contact MSU/Ravalli County Extension.

Signature: _____ **Date:** _____