

## **Anne Cross Nutrition Privacy Policy**

Your privacy is very important to us. This privacy policy sets out how Anne Cross Nutrition uses and protects any information that you give Anne Cross Nutrition when you use this website. I will collect and use the data solely with the objective of fulfilling those purposes specified below. I will collect personal information by lawful and fair means with the consent of the individual concerned.

**Website Cookies** - Cookies are small files that a site or its service provider transfers to your computer's hard drive through your Web browser (if you allow) that enables the site's or service provider's systems to recognize your browser and capture and remember certain information.

### **We use cookies to:**

- Help us track affiliate information so they are compensated for referring you to us.
- Understand and save user's preferences for future visits.

You can choose to have your computer warn you each time a cookie is being sent, or you can choose to turn off all cookies. You do this through your browser settings. Since browser is a little different, look at your browser's Help Menu to learn the correct way to modify your cookies.

If you turn cookies off, some features will be disabled. It won't affect the user's experience that make your site experience more efficient and may not function properly.

### **Mailing Lists**

As part of the registration process for my monthly e-newsletter, I collect personal information ie name and email address. I use this information to send you nutrition and health tips, recipes, blogs etc that you are interested in, to send details of workshops, talk or offers and to check our records are right. I don't rent or trade email lists with any other organisations and businesses.

I will be using a third party provider Mailchimp to send out my newsletter and any workshop or promotional offers. It gathers statistics around email opening and clicks using industry standard technologies to help us monitor and improve our e-newsletter. For more information please see [MailChimp's privacy policy](#).

You can unsubscribe to general mailings at anytime by clicking the unsubscribe link at the bottom of any of my emails.

### **Access to your personal Information**

Please email [info@annecrossnutrition.co.uk](mailto:info@annecrossnutrition.co.uk) if you want to view, amend or delete your personal data.