

Privacy Policy

Last Updated: May 2025 This Privacy Policy explains how we collect, use, and protect your personal information when you interact with our website, programs, and services.

Who We Are

We are Core Restore by Jeanette — an online and in-person pelvic health program designed to support women through holistic movement, education, and personal guidance. Our website address is: <https://www.corerestore.ca>

What Information We Collect

We may collect and store the following types of personal data:

- **Name and email address** – when you sign up for emails, downloads, consultations, or programs
- **Health-related details** – only if you voluntarily share them in questionnaires or sessions
- **Payment and billing info** – when purchasing a program or booking an appointment
- **Device and browser information** – IP address, browser type, time zone, etc., via cookies and analytics tools

We do **not** knowingly collect information from children under 18 years old.

How We Use Your Information

We use the information you provide to:

- Deliver programs, respond to your questions, and send content you've requested
- Personalise your experience
- Send relevant emails or marketing updates (only if you've opted in)
- Improve our website and customer service
- Comply with legal obligations

We do **not** sell or rent your data. Ever.

Cookies and Tracking Technologies

Our website uses cookies and tools like Meta Pixel and Google Analytics to:

- Measure how the site is used
- Improve functionality and user experience
- Deliver targeted advertising (only if you've consented)

You can control cookies in your browser settings.

Data Sharing and Third Parties

We only share your information with:

- **Kartra**, our email and CRM platform, to send you communications you've requested
- **Payment processors** like Stripe or PayPal to securely handle purchases
- **Advertising tools** such as Meta (Facebook/Instagram) to deliver relevant ads if you've opted in

All third-party providers are required to protect your data under GDPR, PIPEDA, and/or other relevant privacy laws.

Your Rights

You have the right to:

- Request access to your data
- Correct or delete your personal info
- Withdraw consent or unsubscribe at any time
- Lodge a complaint with a data protection authority, if necessary

You can update your preferences by clicking the “Unsubscribe” link at the bottom of our emails or by contacting us directly.

Data Security and Retention


We take your privacy seriously and use encrypted platforms and secure passwords to protect your data. We only retain your personal information as long as needed to fulfil the purpose it was collected for.

Policy Updates

This policy may be updated from time to time. The most recent version will always be available here on our website.

Contact Us

If you have questions about this policy or how we handle your data, please email:

 Info@corerestore.ca

 <https://www.corerestore.ca>