



**HEALTH PROMOTION
AND WELLNESS**
Illinois State University

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Health Promotion and Wellness | 187 McCormick Hall | (309) 438-WELL | Wellness.IllinoisState.edu

**Lifestyle Enhancement Program Spring 2017
T'ai Chi and Table Tennis
Registration Form for Illinois State University Participants
January 17 to May 12, 2017**

Name (print) _____ Address _____

Daytime Phone _____ E-mail _____

No fee for Illinois State University faculty, staff, students, retirees, alumni, and their spouses/partners.

AP _____ CS _____ Fac _____ Spouse/Partner _____
ISU Retiree _____ Grad Student _____ Student _____ ISU Alumnus _____

✓ Please place a check mark next to the activities you will be attending on a weekly basis.

<p align="center"><u>Table Tennis – Metcalf Small Gym</u></p> <p><input type="checkbox"/> Saturdays 8-11:55 p.m.</p>	<p align="center"><u>T'ai Chi - Metcalf 139</u></p> <p><input type="checkbox"/> Tai Chi: Evidenced Based Training 5:15 p.m. Mondays</p> <p><input type="checkbox"/> Tai Chi: Traditional Chen Style 5:15 p.m. Wednesdays</p>
<p>Please mark the semester of participation:</p> <p><input type="checkbox"/> Spring 2017 <input type="checkbox"/> Summer 2017</p>	
<p>Mail registration forms to: Campus Box 2120 Health Promotion and Wellness Normal, IL 61790-2120</p>	<p>Complete and include the following:</p> <p><input type="checkbox"/> Registration Form <input type="checkbox"/> Wellness Waiver <input type="checkbox"/> Par Q and You form</p>