Lifestyle Enhancement Program
2016 – 2017 T’ai Chi and Table Tennis
Registration Form for Illinois State University Participants

Fall: August 22 to December 17, 2016
Spring: January 17 to May 14, 2017
Summer: May 15 to August 19, 2017

Name (print) ________________________  Address______________________________________
Daytime Phone ______________________      E-mail _______________________________________

No fee for Illinois State faculty, staff, students, ISU retirees, and alumni.

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.

Table Tennis – Metcalf Small Gym

☐ Saturdays 8-11:55 p.m.

T’ai Chi - Metcalf 139

☐ Tai Chi: Evidenced Based Training
5:15 p.m. Mondays

☐ Tai Chi: Traditional Chen Style
5:15 p.m. Wednesdays

Please mark the semester of participation:
☐ Fall 2016
☐ Spring 2017
☐ Summer 2017

Mail registration forms to:
Campus Box 2120
Health Promotion and Wellness
Normal, IL  61790-2120

Complete and include the following:
☐ Registration Form
☐ Wellness Waiver
☐ Par Q and You form