



**Lifestyle Enhancement Program
2017 – 2018 T'ai Chi and Table Tennis
Registration Form for Illinois State University Participants**

Fall: August 21 to December 17, 2017

Spring: January 15 to May 11, 2018

Summer: May 14 to August 17, 2018

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.

<p><u>Table Tennis – Metcalf Small Gym</u></p> <p><input type="checkbox"/> Saturdays 8-11:55 p.m.</p>	<p><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"/> Fall 2017 <input type="checkbox"/> Spring 2018 <input type="checkbox"/> Summer 2018</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>