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.

<table>
<thead>
<tr>
<th>Table Tennis – Metcalf Small Gym</th>
<th>T’ai Chi - Metcalf 139</th>
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</thead>
<tbody>
<tr>
<td>□ Saturdays 8-11:55 p.m.</td>
<td>□ Tai Chi: Evidenced Based Training 5:15 p.m. Mondays</td>
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<tr>
<td></td>
<td>□ Tai Chi: Traditional Chen Style 5:15 p.m. Wednesdays</td>
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Please mark the semester of participation:
□ Fall 2017
□ Spring 2018
□ Summer 2018

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