



**Lifestyle Enhancement Program Fall 2017  
Illinois State University Participants  
August 21 – December 17, 2017**

Name (print) \_\_\_\_\_ Mail Code or Address \_\_\_\_\_

Daytime Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Cost**

Cost is **\$70.00** per semester for faculty, staff, students, retirees, graduates, and spouses/partners of Illinois State to attend unlimited classes.

AP \_\_\_\_\_ CS \_\_\_\_\_ Fac \_\_\_\_\_ Spouse/Partner \_\_\_\_\_  
ISU retiree \_\_\_\_\_ Grad/doctoral /student \_\_\_\_\_ ISU graduate \_\_\_\_\_

Payment Total \$ \_\_\_\_\_ Check # \_\_\_\_\_ Payroll Deduction \_\_\_\_\_

✓ Please place a check mark next to the activities you plan to attend on a weekly basis.

<p><b>Bone Student Center 3<sup>rd</sup> West Lounge</b></p> <p><input type="checkbox"/> <b>Noon Yoga:</b> Mondays, Wednesdays and Fridays from Noon – 1 p.m.</p> <p><input type="checkbox"/> <b>Balanced Bellies and Backs:</b> Tuesdays and Thursdays from 12:15 – 1 p.m.</p>	<p><b>Bone Student Center 3<sup>rd</sup> West Lounge</b></p> <p><input type="checkbox"/> <b>Tuesday Yoga:</b> Tuesdays from 4:30 – 5:30 p.m.</p>
<p><b>Mail or hand deliver registration forms and payment to:</b> Health Promotion and Wellness Campus Box 2120 McCormick 187 Normal, IL 61790-2120</p>	<p><b>Complete and include the following:</b></p> <p><input type="checkbox"/> Registration form</p> <p><input type="checkbox"/> Wellness Waiver</p> <p><input type="checkbox"/> Par Q and You form</p> <p><input type="checkbox"/> Payment: payroll deduction or checks written to Health Promotion and Wellness</p>
<p><b>All classes are covered by the registration fee. Registrants may attend all classes.</b></p>	