



**HEALTH PROMOTION
AND WELLNESS**
Illinois State University,

STATE
your wellness.

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

**Lifestyle Enhancement Program
Fall 2017 T'ai Chi and Table Tennis
Registration Form for Illinois State University Participants
August 21 – December 17, 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

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