



**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 Spring 2018
Illinois State University Participants
January 16 to May 11, 2018**

Name (print) _____ Mail Code or Address _____

Daytime Phone _____ E-mail _____

Cost:

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

AP _____ CS _____ Fac _____ Spouse/Partner _____
ISU retiree _____ Graduate/doctoral /student _____ ISU alumnus _____

Payment Total \$ _____ Check # _____ Payroll Deduction _____

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

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