



**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
T'ai Chi and Table Tennis
Registration Form for Illinois State University Participants
January 16 to May 11, 2018**

Name (print) _____ Address _____

Daytime Phone _____ E-mail _____

No fee for Illinois State University faculty, staff, students, retirees, alumni, and their spouses/partners.

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