



**Lifestyle Enhancement Program Summer 2017
Illinois State University Participants
May 15 – August 13, 2017**

Name (print) _____ Mail Code or Address _____

Daytime Phone _____ E-mail _____

Cost

Cost is \$60.00 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 will be attending on a weekly basis.

Noon Yoga

- Mondays, Wednesdays and Fridays from Noon to 1 p.m.
- 3rd West Lounge, Bone Student Center

Balanced Bellies and Backs

- Tuesdays and Thursdays from 12:15 to 1 p.m.
- 3rd West Lounge, Bone student Center

Mail registration forms and payment to:

Campus Box 2120
Health Promotion and Wellness
Normal, IL 61790-2120

Please note: no classes on Monday, May 29 and Tuesday, July 4 in observance of the Memorial Day and Independence Day holidays.

Complete and include the following:

- Registration form
- Wellness Waiver
- Par Q and You form
- Payment: Payroll Deduction or Checks written to Health Promotion and Wellness