

IPFW Health and Wellness Email Listserv Sign-up

Students:

1. Send email to listserv@listserv.ipfw.edu
 2. No subject line needed.
 3. Copy this line to the body of the email:
SUBscribe STUDENTATHLETICSLIST-L@listserv.ipfw.edu FirstName
 4. Insert your first name and last name into the "FirstName" and "LastName" location
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Employees:

1. Send email to listserv@listserv.ipfw.edu
 2. No subject line needed
 3. Copy this line to the body of the email:
SUBscribe Health-Wellness-L@listserv.ipfw.edu FirstName LastName
 4. Insert your first name and last name into the "FirstName" and "LastName" location
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