

# Michigan Department of Education Physical Education Listserv

**MDE-PHYSCALED Listserv** is intended to provide teachers and other interested individuals with information regarding physical education in Michigan. If you would like to subscribe to the MDE-PHYSCALED LISTSERV, please follow the instructions below.

\*This is an announcement-only list and individuals will not be able to post messages.

## Subscription Instructions

1. Send an email message to: [LISTSERV@LISTSERV.MICHIGAN.GOV](mailto:LISTSERV@LISTSERV.MICHIGAN.GOV)
2. In the subject field, type: SUBSCRIBE MDE-PHYSCALED
3. In the message body, type: SUBSCRIBE MDE-PHYSCALED Your Name

(Be sure to type your first and last name.  
For example: SUBSCRIBE MDE-PHYSCALED John Doe.)

4. Send email.

You should receive an email from the LISTSERV asking you to reply to the message to complete your subscription.

You will then receive a second email notifying you that you have been added to the list.

## Unsubscribe Instructions

1. Send an email message to: [LISTSERV@LISTSERV.MICHIGAN.GOV](mailto:LISTSERV@LISTSERV.MICHIGAN.GOV)
2. In the subject field, type: SIGNOFF MDE-PHYSCALED
3. In the message body, type: SIGNOFF MDE-PHYSCALED

If you have any questions or concerns, please contact Coordinated School Health and Programs Unit, (517) 241-4284.