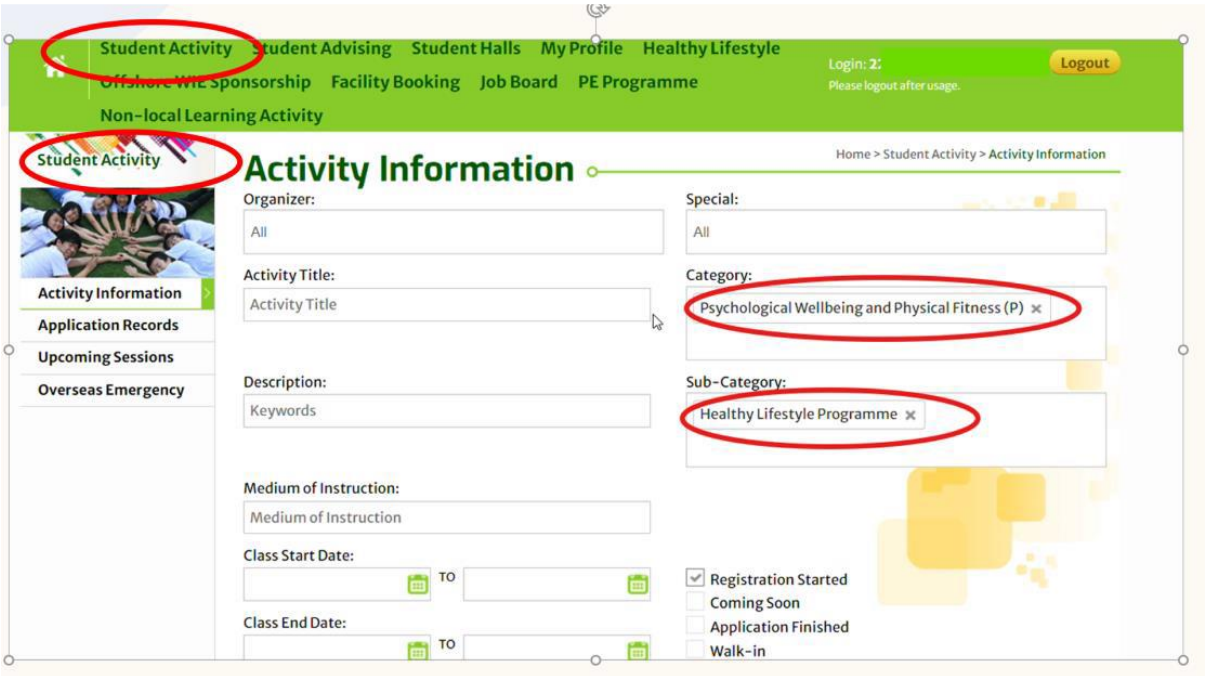
****How to register?**

Registration steps

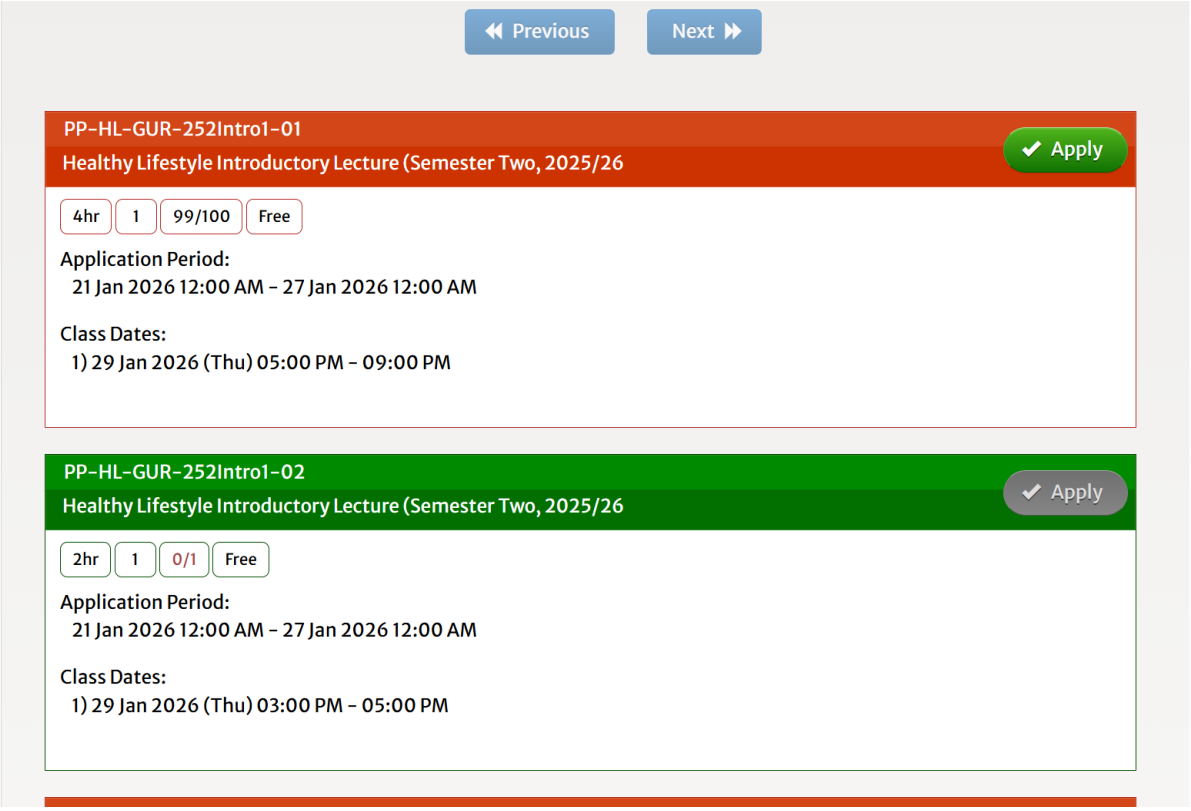
1. Log into POSS :

https://www40.polyu.edu.hk/starsposs/secure/login/loginhome (You are advised to use Chrome to access the page)

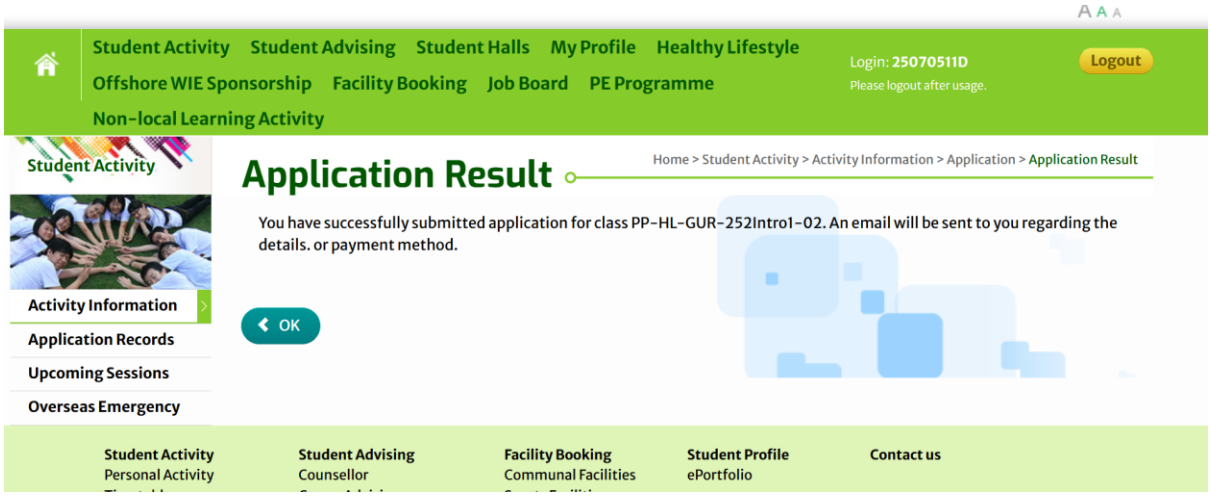
2. In Student Activity session, choose ‘Psychological Wellbeing and Physical Fitness (P)’ in Category and choose ‘Healthy Lifestyle Programme’ in Sub Category and look for Healthy lifestyle Introductory lecture/ Wrap up lecture in search results.

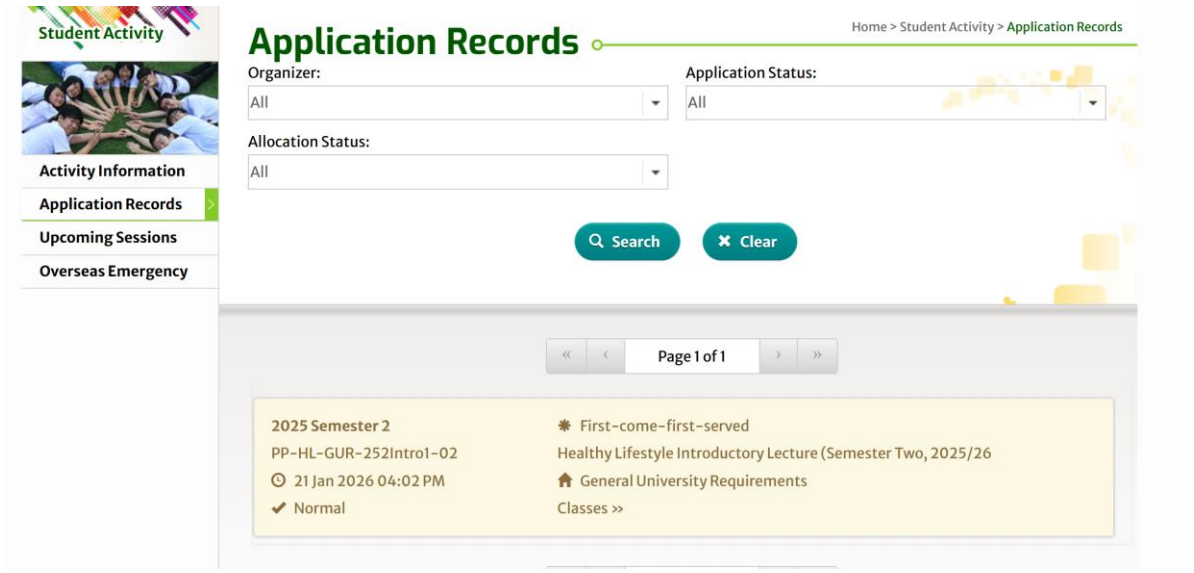


3.You should be able to see a number of classes on the day the registration starts. Choose the class you would like to attend and click “Apply” at the top right corner. Please be reminded that you can only apply for ONE class. • If the “Apply” button is green in color, there are still vacancies left. • If the “Apply” button is grey in color, the class is fully registered.



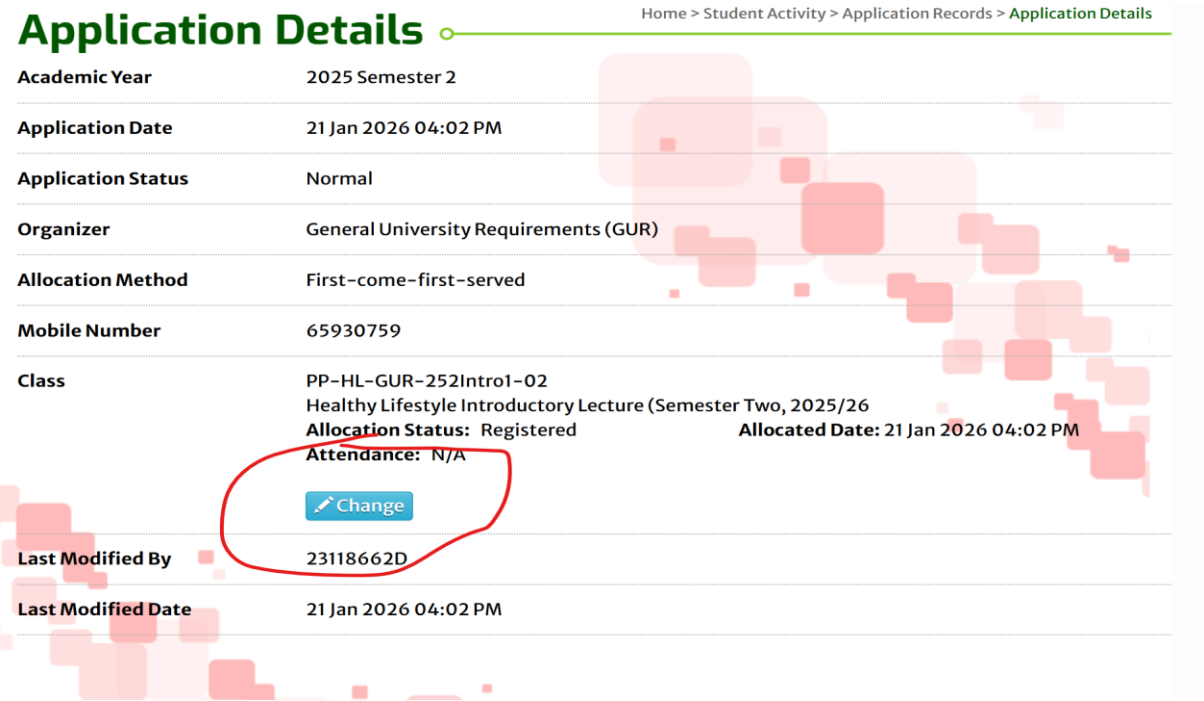
4. You should receive an auto-confirmation email upon successful registration. At the same time, you may check your application in application record corner.



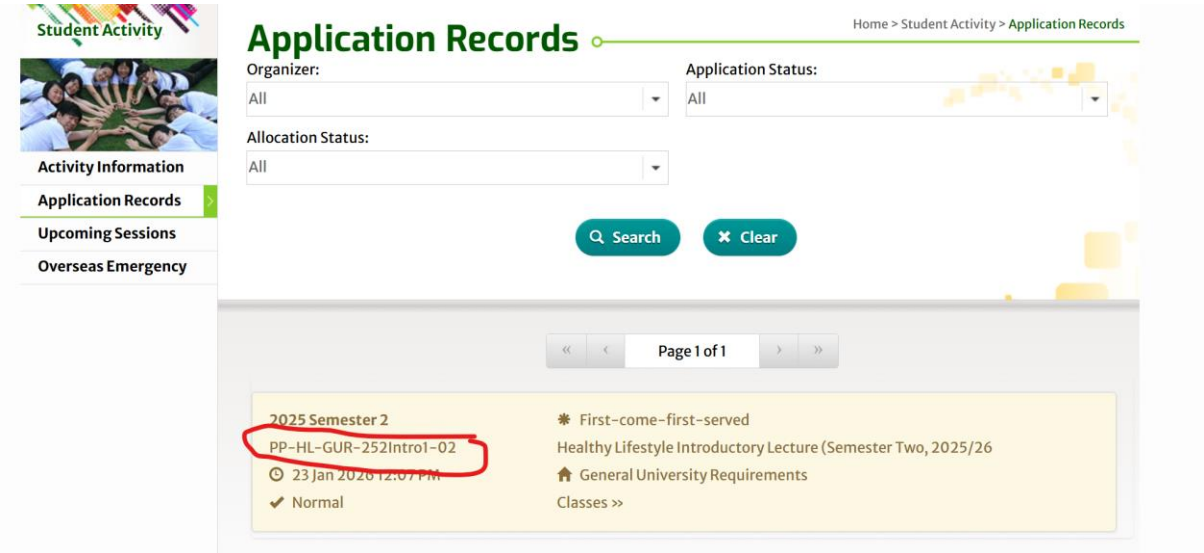


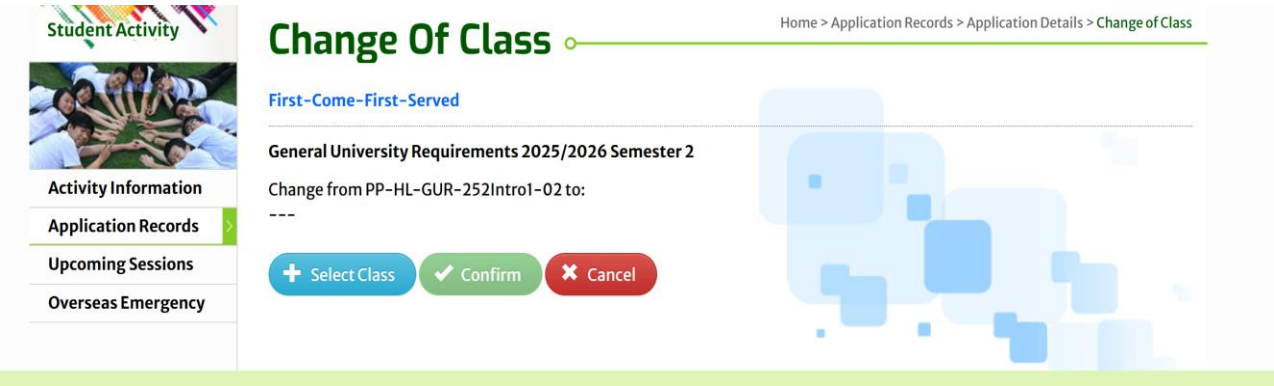
Transfer classes

1. Click into the application record. Clicking the class code, then you will access the page of application details. Click “change.”



2. After clicking the class code (PP-HL XXXXXX), you will see the page of “Change of Class”





3. After clicking “transfer”, transfer notification email will be sent to you also. Please note that you are allowed to transfer class once only.

