

ENERPLUS Corp  
Form 6-K  
July 19, 2016

**SECURITIES AND EXCHANGE COMMISSION**

**Washington, D.C. 20549**

**Report of Foreign Issuer pursuant to Rule 13-a-16 or 15d-16  
of the Securities Exchange Act of 1934**

**FOR THE MONTH OF July 2016**

**FORM 6-K**

**COMMISSION FILE NUMBER 1-15150**

**The Dome Tower**

**Suite 3000, 333 - 7th Avenue S.W.**

**Calgary, Alberta**

**Canada T2P 2Z1**

**(403) 298-2200**

Indicate by check mark whether the registrant files or will file annual reports under cover Form 20-F or Form 40-F.

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Form 20-F  Form 40-F

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1)

Yes  No

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7)

Yes  No

Indicate by check mark whether, by furnishing the information contained in this Form, the registrant is also thereby furnishing the information to the Commission pursuant to Rule 12g3-2(b) under the securities Exchange Act of 1934.

Yes  No

**EXHIBIT INDEX**

EXHIBIT 99.1 - News Release Dated July 19, 2016 - Enerplus Announces Cash Dividend for August 2016

**SIGNATURE**

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

**ENERPLUS CORPORATION**

BY: /s/ David A. McCoy  
 David A. McCoy  
 Vice President, General Counsel & Corporate Secretary

**DATE: July 19, 2016**

A \$ 22.58 1,036.739 D Â common09/01/2015 Â P 18.1876 A \$ 21.99 1,054.9266 D Â common09/30/2015 Â J<sup>(1)</sup>  
 10.728 A \$ 23.6 1,065.6546 D Â common10/01/2015 Â P 17.773 A \$ 22.51 1,083.4276 D Â common11/02/2015  
 Â P 17.3416 A \$ 23.07 1,100.7692 D Â common12/01/2015 Â P 15.8825 A \$ 25.19 1,116.6517 D Â  
 common12/31/2015 Â J<sup>(1)</sup> 9.7953 A \$ 27.36 1,126.447 D Â

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.**

SEC 2270  
(9-02)

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned**  
*(e.g., puts, calls, warrants, options, convertible securities)*

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. of D B O E I F I
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