



FREE Tai Chi for Veterans

TAI CHI FOR VETERANS is a new Federal program from the VA Community Care Network and TaijiFit LLC offering Tai Chi classes to Veterans *COMPLETELY FREE OF CHARGE**

Tai Chi is an evidence-based, drug-free treatment option for improved energy, balance, mental health, chronic pain, general wellbeing, and so much more. Delaware is one of the first states in the US to offer this EASY AND FUN experience, suitable for any age or fitness level ... *BE AMONG THE FIRST TO TAKE ADVANTAGE OF THIS UNIQUE OPPORTUNITY!* Sign up today by visiting www.taijifit.net/veteran-sign-up-page, scroll down to Delaware classes, then provide your contact details (and feel free to call Jessica Lewis at 302-593-5005 with any questions!)



WHEN: EVERY Wednesday, 3:15-4:15PM

WHERE: WEATHER PERMITTING, classes are held OUTSIDE adjacent to **Guardian of Defenders**, the first US National War Memorial dedicated to deceased post-9/11 Veterans (on Grubb-Worth Mansion lawn directly across the street from yellow *Meineke Car Care*)

Otherwise beginning 8/5/20 classes will be next door, INSIDE the Holy Rosary Church Hall 3200 Philadelphia Pike | Claymont, DE 19703 (use left driveway between Rectory & ADA entrance)

In the spirit of Tai Chi our goal is always to keep you safe and relaxed during class... please observe our social distancing guidelines and wear PPE!

PREFER TO ZOOM? ASK FOR DETAILS!

*To participate simply ask your VA medical provider for a "Tai Chi Community Consult in the CPRS." For more info on this innovative new program visit

www.SculptUrLife.com/free-tai-chi-for-veterans

Still have questions? Email Jessica@SculptUrLife.com or call 302-593-5005

Jessica Lewis, CPT, CNC is a Certified Tai Chi for Veterans Instructor & Accredited T'ai Chi Chih Instructor

To learn more about the transformative power of Tai Chi and all aspects of her Lifestyle Coaching private practice *Sculpt YOUR LIFE®*, click www.SculptUrLife.com or follow her on [Facebook](#), [LinkedIn](#), [Meetup](#), [Instagram](#), [Twitter](#) or [YouTube](#).

