



# 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](http://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 Monday, 11AM-noon

**WHERE:** ~~Hall-Burke VFW Post 5447 (USE SIDE ENTRANCE)-  
1605 Philadelphia Pike, Wilmington, DE 19809~~

***This program has been folded into Telehealth in order to always keep you feeling safe and relaxed during class...  
ASK FOR YOUR ZOOM LINK AND ATTEND VIRTUALLY!***

\*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](http://www.SculptUrLife.com/free-tai-chi-for-veterans)

Still have questions? Email [Jessica@SculptUrLife.com](mailto: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](http://www.SculptUrLife.com) or follow her on [Facebook](#), [LinkedIn](#), [Meetup](#), [Instagram](#), [Twitter](#) or [YouTube](#).

