

FREE T'ai Chi for Veterans

T'AI CHI FOR VETERANS is a new Federal program from the Veterans Administration Community Care Network (or VA CCN.) TaijiFit LLC is the national network coordinator of T'ai Chi instructors authorized to teach classes to Veterans (*with a referral number**) via this program **COMPLETELY FREE OF CHARGE.**



DID YOU KNOW
at least 900,000
veterans of the
Vietnam, Iraq and
Afghan wars have
PTSD and other
debilitating
chronic health
concerns yet only 50%
of them seek treatment? An average
of 22 Veterans commit suicide EVERY DAY!

T'ai Chi is an evidence-based, simple, and drug-free treatment option for PTSD, depression, chronic pain, suicidal thoughts, and much more.

Delaware's first **T'ai Chi for Veterans** classes will begin on 9/18/19 ... **CONSIDER BEING AMONG THE FIRST TO EXPERIENCE THIS UNIQUE OPPORTUNITY!**

- WHEN:** EVERY Wednesday, 3:15-4:15PM
WHERE: The Grubb-Worth Mansion
3210 Philadelphia Pike, Claymont, DE 19703
SIGN UP: go to www.taijifit.net/vets-only,
scroll down to Delaware then provide your
contact info (*Trouble? Call Jessica Lewis at
302-593-5005 for assistance*)



Weather permitting, class will be held outside adjacent to the **Guardian of Defenders Memorial:** the 1st National War Memorial in honor of all who gave their lives in the global war on terrorism...for more info visit <http://guardianofdefenders.com/>

*To take advantage of your FREE new benefit, please ask anyone who provides you with regular care through the VA (doctors, counselors, therapists, physical therapists, social workers, etc) for your referral number. If you have any difficulty, feel free to reach out by emailing Jessica@SculptUrLife.com or by calling 302-593-5005.

For more info on this innovative program visit www.SculptUrLife.com/free-tai-chi-for-veterans.
For more info on any class NATIONWIDE, or for more info on FREE ONLINE WEEKLY TRAINING with David-Dorian Ross, CEO of TaijiFit LLC, US Navy Vet, and founder of the T'ai Chi for Veterans network visit www.taijifit.net/vets-only. (*Remember livestreaming is always FREE, you need no referral, and you can participate right from the comfort of your own home!*)

Classes will be led by Jessica Lewis, CPT, CNC: TaijiFit Network Provider, Accredited T'ai Chi Chih Instructor, Master Personal Trainer, and Certified Nutritional Counselor
To learn more about the transformative power of regular T'ai Chi practice and all aspects of Jessica's Lifestyle Coaching private practice *Sculpt YOUR LIFE*, click www.SculptUrLife.com or like her on Facebook <https://www.facebook.com/SculptYourLifeJessicaLewis/>

