

FREE T'ai Chi for Veterans

T'AI CHI FOR VETERANS is a new Federal program from the Veterans Administration Community Care Network in collaboration with TaijiFit International enabling Veterans (with a referral*) to participate in T'ai Chi classes **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, improved energy, balance, mental clarity, blood pressure, and so much more.

Delaware is one of the first states in the US to offer this **EASY YET POWERFUL** experience suitable for any age, physical condition, or agility level ... **BE AMONG THE FIRST TO TAKE ADVANTAGE OF THIS UNIQUE OPPORTUNITY!**

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

WHERE: The Grubb-Worth Mansion
3200 Philadelphia Pike, Claymont, DE 19703
(across street from yellow Meineke bldg)

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/](http://guardianofdefenders.com/)

*To obtain your referral simply ask your VA medical provider.

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.

And for more info on any NATIONWIDE class including FREE ONLINE WEEKLY TRAINING with David-Dorian Ross, CEO of TaijiFit LLC, US Navy Vet, and T'ai Chi for Veterans network manager visit www.taijifit.net/vets-only (and remember *livestreaming is always free!*)

Classes will be led by Jessica Lewis, CPT, CNC: VA CCN / 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/>

