



# FREE T'ai Chi for Veterans

T'ai Chi is an evidence-based, simple, and drug free treatment option for improved energy, balance, mental clarity, blood pressure, PTSD, depression, chronic pain, and so much more!



Photo courtesy of Kevin Wayland

- WHO:** Veterans of all eras
- WHEN:** EVERY Thursday, 1-2PM, beginning 1/9/20
- WHERE:** Wilmington Vet Center Group Room  
2710 Centerville Road, Suite 103  
Wilmington, DE 19808
- SIGN UP:** See Vet Center Counselor Valerie Feeley  
302-994-2511 x7588

Questions? See Vet Center Counselor Valerie Feeley or contact the instructor by email [Jessica@SculptUrLife.com](mailto:Jessica@SculptUrLife.com) or cell 302-593-5005.  
For more info on this new Federal program visit [www.SculptUrLife.com/free-tai-chi-for-veterans](http://www.SculptUrLife.com/free-tai-chi-for-veterans)

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](http://www.taijifit.net/vets-only) (livestreaming is always free!)

**ABOUT THE INSTRUCTOR:** Jessica Lewis, CPT, CNC is a VA CCN/TaijiFit Network Provider, an Accredited T'ai Chi Chih Instructor, a Master Personal Trainer and a Certified Nutritional Counselor

To learn more about the transformative power of T'ai Chi and all aspects of Jessica's Lifestyle Coaching private practice *Sculpt YOUR LIFE*, click [www.SculptUrLife.com](http://www.SculptUrLife.com) or like her on Facebook <https://www.facebook.com/SculptYourLifeJessicaLewis/>

