



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.**

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



Photo courtesy of Kevin Wayland

- WHEN:** EVERY Monday, 11AM-noon, beginning 1/6/20
WHERE: Hall Burke VFW Post 5447 (USE SIDE ENTRANCE)
1605 Philadelphia Pike, Wilmington, DE 19809
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)*

*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 *(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 T'ai Chi 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/>

