



CARE FOR A LITTLE CHI & MEAD (PLUS COFFEE & TEA)?

with Jessica Lewis, Founder of
Sculpt YOUR LIFE

and...



Liquid Alchemy Beverages invites you to sample an exquisite *taste of CHI* right in their own backyard! T'ai Chi Chih is an EASY & fun moving mindfulness practice suitable for any age, physical condition, or agility level. Typical benefits include improved energy, balance, mental clarity, and blood pressure but T'ai Chi Chih can also be a valuable tool in the management of chronic pain or conditions including arthritis, heart disease, obesity, and depression. Cost for this unusual event includes a glass of mead or cider (*after you'll all be COMPLETELY relaxed, of course!*)

Plus feel free to stay a bit longer for their twice-monthly Sweet Eclair Brunch (*for an additional fee*)...always amazing and featuring homemade-to-order waffles, quiches and much more!

DATE: Sunday, October 18th, 2020

TIMES: 10:30 – 11:30AM: a taste of T'ai Chi Chih on the patio
11:30 – noon: some private time "in the LAB"
(*and don't forget Sweet Eclair Brunch from noon till 3... this promises to be one delicious day!*)

PLACE: Liquid Alchemy Beverages, 28 Brookside Drive in Wilmington

COST: \$20 (*includes chi & mead...remember Sweet Eclair Brunch is additional!*)

**Classes will be led by Jessica Lewis, CPT, CNC:
Accredited T'ai Chi Chih Instructor, VA CCN Network Provider,
Master Personal Trainer, and Certified Nutritional Counselor**

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

