

Exploring Your Inner Landscape

with support from the
Brain Injury Association of DE

JUNE 15th at 3:30 pm

VIA ZOOM

[CLICK HERE TO REGISTER](#)



Jessica Lewis, CPT, CNC, is an accredited T'ai Chi Chih Instructor, Master Personal Trainer, and Certified Nutritional Counselor. Jessica will be presenting:

Exploring Your Inner Landscape with T'ai Chi Chih

This FREE virtual workshop is hosted by the Brain Injury Association of Delaware. Jessica will assist attendees in staying healthy and happy in a fun, interactive way.

CALL (302) 346-2083 TO REGISTER

FREE TO ATTEND. MUST REGISTER

