



# FREE Tai Chi for qualified Veterans!

**TAI CHI FOR VETERANS** is an innovative Federal program co-facilitated by the VA Community Care Network and TaijiFit LLC offering Tai Chi classes to Veterans **COMPLETELY FREE OF CHARGE\***

Tai Chi is an evidence-based, drug-free treatment option for improved energy, balance, mental health, chronic pain, general wellbeing, and so much more. Delaware is one of the first states in the US to offer this EASY AND FUN experience, suitable for any age or fitness level ... **BE AMONG THE FIRST TO TAKE ADVANTAGE OF THIS UNIQUE OPPORTUNITY!** For more info on this groundbreaking initiative visit [www.Taijifit.net](http://www.Taijifit.net) then sign up by contacting the instructor Jessica Lewis today: [Jessica@SculptUrLife.com](mailto:Jessica@SculptUrLife.com)



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

**WHERE:** WEATHER PERMITTING, classes are held OUTSIDE adjacent to **Guardian of Defenders**, the first US National War Memorial dedicated to deceased post-9/11 Veterans (on Grubb-Worth Mansion lawn directly across the street from yellow *Meineke Car Care*)

Otherwise beginning 8/5/20 classes will be next door, INSIDE the Holy Rosary Church Hall 3200 Philadelphia Pike | Claymont, DE 19703 (use left driveway between Rectory & ADA entrance)

***In the spirit of Tai Chi our goal is always to keep you safe and relaxed during class... please observe our social distancing guidelines and wear PPE!***

**PREFER TO ZOOM? ASK FOR DETAILS!**

\*Qualified veterans need only ask their VA medical provider for a "Tai Chi Community Consult in the CPRS."

For more info on this innovative program visit [www.SculptUrLife.com/free-tai-chi-for-veterans](http://www.SculptUrLife.com/free-tai-chi-for-veterans) or click [here](#) to learn more about your eligibility for any VA CCN classes. Still have questions? Email [Jessica@SculptUrLife.com](mailto:Jessica@SculptUrLife.com) or call 302-593-5005

**Jessica Lewis, CPT, CNC is a Certified Tai Chi for Veterans Instructor & Accredited T'ai Chi Chih Instructor**

To learn more about the transformative power of Tai Chi and all aspects of her Lifestyle Coaching private practice *Sculpt YOUR LIFE®*, click [www.SculptUrLife.com](http://www.SculptUrLife.com) or follow her on [Facebook](#), [LinkedIn](#), [Meetup](#), [Instagram](#), [Twitter](#) or [YouTube](#).

