



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 then sign up by contacting the instructor Jessica Lewis today:

Jessica@SculptUrLife.com



WHEN: EVERY Monday, 11AM-noon

WHERE: ~~Hall-Burke VFW Post 5447 (USE SIDE ENTRANCE)-
1605 Philadelphia Pike, Wilmington, DE 19809~~

***This program has been folded into Telehealth in order to always keep you feeling safe and relaxed during class...
ASK FOR YOUR ZOOM LINK AND ATTEND VIRTUALLY!***

*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 or click [here](#) to learn more about your eligibility for any VA CCN classes. Still have questions? Email 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 or follow her on [Facebook](#), [LinkedIn](#), [Meetup](#), [Instagram](#), [Twitter](#) or [YouTube](#).

