



No-cost Tai Chi for qualified Veterans!

In 2019 the VA Community Care Network created the **TAI CHI FOR VETERANS** program in direct response to the Mission Act and all qualified Veterans can participate **AT ABSOLUTELY NO COST***

Tai Chi is an evidence-based, drug-free treatment option for improved mental health, chronic pain, energy, balance, general wellbeing, and so much more... **ASK HOW YOU CAN ADD COMPLEMENTARY AND INTEGRATIVE TAI CHI TO YOUR TREATMENT PLAN TODAY!**

For more info on this groundbreaking initiative visit www.SculptUrLife.com/tai-chi-for-veterans then sign up by contacting the instructor Jessica Lewis: 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/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](#).

