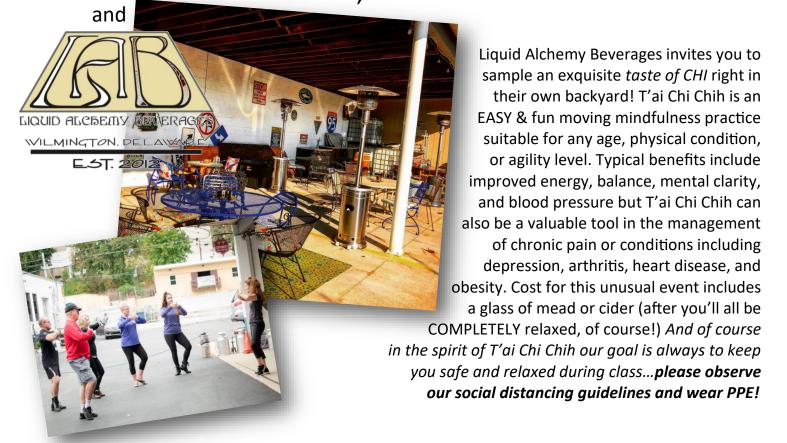


CARE FOR A LITTLE CHI & MEAD?

with Jessica Lewis, Founder of Sculpt YOUR LIFE®



DATE: Sunday, November 14th (raindate 11/21/21)

TIMES: 10:30 – 11:30AM: a taste of T'ai Chi Chih on the patio

11:30 – noon: some private time "in the LAB"

PLACE: Liquid Alchemy Beverages, 28 Brookside Drive in Wilmington

COST: \$20 (includes coupon for a glass of mead or cider)

RSVP: 302-593-5005 by 11/11/21 (max cap 50)

Classes will be led by Jessica Lewis, CPT, CNC: Accredited T'ai Chi Chih Instructor, 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 Sulpt YOUR LIFE®, click www.SculptUrLife.com or follow her on Facebook, LinkedIn, Meetup, Instagram, Twitter or YouTube