

Experience joy thru

T'ai Chi Chih®

movement



(AS SEEN IN APRIL 2022 DELAWARE TODAY MAGAZINE / Photo: JOE DEL TUFO
For more info click on <https://delawaretoday.com/life-style/health/delaware-seniors-tai-chi/>)

There's never been a better time to learn and practice 20 simple, instantly analgesic, immune-boosting, and mood-lifting movements!

T'ai Chi Chih is EASY and enjoyable to learn as well as suitable for any age, physical condition, or agility level. Typical

benefits include improved energy, balance, mental clarity, and blood pressure. But it can also be a valuable tool in the management of chronic pain or conditions like arthritis, heart disease, obesity, depression, osteoporosis, and even the Shingles virus. In the face or wake of a pandemic however (when all aspects of the future are completely uncertain), T'ai Chi Chih may just be your most powerful asset!

WHEN: Thursdays, 10-11AM

WHERE: Balance Chiropractic
5801 Kennett Pike
Centreville, DE 19807

COST: \$20/class

ASK ABOUT
OUR VIRTUAL
ATTENDANCE
OPTION!



Classes are led by Jessica Lewis, Accredited T'ai Chi Chih Instructor

To learn more about the transformative power of T'ai Chi Chih and all aspects of Jessica's Lifestyle Coaching private practice click www.SculptUrLife.com, like/follow/subscribe to Jessica on [Facebook](#), [Instagram](#), [LinkedIn](#), [Twitter](#), and [YouTube](#)

ALTHOUGH PHYSICAL CLASS SIZE IS LIMITED TO 15 THE VIRTUAL ATTENDANCE OPTION MEANS SPACE IS ACTUALLY UNLIMITED ... CALL 302-543-4797 TO REGISTER WEEKLY OR DO SO ONLINE BY VISITING www.balancehealingspace.com/classes/ (PREFER TO ZOOM? CALL 302-593-5005 TO REQUEST YOUR LINK!)