



No-cost Tai Chi for qualified Veterans!



In 2019 the [TAI CHI FOR VETERANS](#) program was created in direct response to the [Mission Act](#) and all qualified Veterans can participate *at 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, 12-1PM (beginning 5/1/23)

WHERE: Claymont Fire Company / Claymont, DE 19703
(use "Claymont Ballroom" entrance, 13 Lawson Ave)

**Live too far to attend live or concerned about public health?
REQUEST YOUR LINK & ZOOM IN VIRTUALLY ANYTIME!**

*Curious about eligibility? Click [here](#) to learn more or for more info on this innovative program visit www.SculptUrLife.com/tai-chi-for-veterans.
Still have questions? Email Jessica@SculptUrLife.com
or simply call 302-593-5005

Jessica Lewis, CPT, CNC is a certified Tai Chi for Veterans Instructor & 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](#), [Instagram](#), [Twitter](#) or [YouTube](#).

