



Looking for joy thru

Tai Chi Chih®  
movement?

**THEN LOOK NO FURTHER ...**

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. The early morning timing of these classes is perfect for working individuals, plus the pastoral and picturesque setting of this lovely residence (convenient to Wilmington, Hockessin & Greenville!) guarantees a uniquely peaceful environment.

**WHEN:** 8 Thursdays, 7:30 – 8:30AM, Sept 18 – Nov 13  
(no class on 10/23)

**WHERE:** The Bloch-Roe residence  
108 Lands End Rd  
Wilmington, DE 19807

**COST:** \$120

**CALL 302-593-5005 BY SEPT 11TH  
TO REGISTER!**



**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 *Sculpt YOUR LIFE®*, visit [www.SculptUrLife.com](http://www.SculptUrLife.com), or connect with her on [Facebook](#), [YouTube](#), [LinkedIn](#), [Instagram](#), and [Twitter](#).