



Looking for joy thru

Tai Chi Chih®
movement?

THEN LOOK NO FURTHER ...

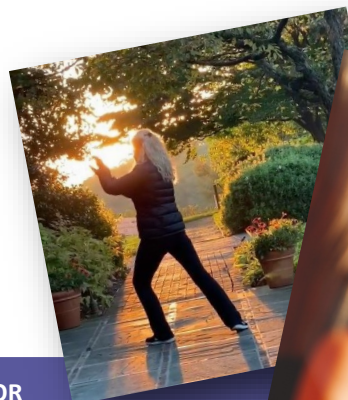
T'ai Chi Chih is EASY and enjoyable to learn as well as suitable for any age, physical condition, or agility level. Typical benefits include improved energy, balance, mental clarity, and blood pressure. But it can also be a valuable tool in the management of chronic pain or conditions like arthritis, heart disease, obesity, depression, osteoporosis, and even the Shingles virus. The early-morning timing of these classes is perfect for working individuals, and the pastoral setting of this beautiful New Castle County park (convenient to Wilmington, Hockessin & Greenville) includes pavilions for rainy days, ensuring a serene and unique weekly experience.

WHEN: 8 Thursdays, 7:30 – 8:30AM, September 18 – November 13
(no class 10/23)

WHERE: Brandywine Springs Park
3300 Faulkland Rd
Wilmington, DE 19808

COST: \$120

**CALL 302-593-5005 BY SEPT 13TH
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, or connect with her on [Facebook](#), [YouTube](#), [LinkedIn](#), [Instagram](#), and [Twitter](#).