



Looking for joy thru

**T'ai Chi Chih®**  
movement?

### THEN LOOK NO FURTHER ...

Unlike all of it's martial arts-siblings, T'ai Chi Chih is nothing other than an evidence-based moving mindfulness practice.

It's 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, cancer, depression, osteoporosis, and even the Shingles virus. Are you interested in living a long, healthy, happy life? *T'ai Chi Chih may just be for you!*

**WHEN:** Thursdays, 10–11AM  
(no class 11/27, 12/25 & 1/1)

**WHERE:** New Castle Senior Center  
400 South Street  
New Castle, DE 19720

**COST:** \$15 / class



**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](#).