



**T'AI CHI CHIH**  
FOR VETERANS

# T'ai Chi Chih for Veterans

with Jessica Lewis, CNC, CPT

**Every Monday | 12pm - 1pm**

**Online Only**

**Stress Reducing | Wellbeing Enhancing**  
**Easy Enough for Everyone**

New In -Person  
Location  
Coming Soon!  
Stay tuned!

**FREE!**

Reach out to  
Jessica for  
your Zoom link!

**Learn More!**  
**Join Us!**



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