Free T'ai Chi Chih for Veterans and Caregivers

WHERE

Claymont / Virtual, Delaware

ABOUT THE PROGRAM

Gentle wellness movement classes for Delaware veterans and caregivers, offered in person and online.

WHO IT SERVES

Veterans and caregivers

FREE · Confirm class times

OFFICIAL PROGRAM INFORMATION

https://vets.delaware.gov/djf/service-index/tai-chi-chih-for-veterans/