



WOMEN'S SELF-DEFENSE CLASS

IN TODAY'S WORLD, YOU CAN NEVER BE TOO PREPARED.
LEARN THE BASICS OF SELF-DEFENSE FROM OUR SO
THAT YOU ARE READY TO PROTECT YOURSELF!!

ONLY \$40.00 PER PERSON!!

Where: PAL Room (Southwest
corner of Recreation Center)
When: Sunday 3:00pm—4:00pm
Instructor: Manuel, 2nd Degree
Black Belt

November 6th - December 18th
(No Class Thanksgiving week)

"THIS ABOVE ALL, TO REFUSE TO BE A VICTIM."
- MARGARET ATWOOD

