



FREE SELF-DEFENSE CLASS

**SATURDAY MARCH 21
12:00 - 1:00 PM**

-  **Learn Basic Self Defense Techniques That Could Save Your Life!**
-  **All Are Welcome. No Martial Arts Experience Necessary!**
-  **For Men, Women And Children Ages 12 And Up!**



**Scan Here
to Register**



Donations Accepted -
All proceeds will go to the The Alzheimer's Association



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