



Nokado

School of Self Defense *Jiu Jitsu Center*

Learn How To Avoid Trouble, Recognize Danger, & Stay Safe!

FREE SELF DEFENSE CLASS

Donations accepted — all proceeds will go to the Alzheimer's Association.

Saturday June 21st | 12:00 PM - 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!

FREE: Donations Will Go To The Alzheimer's Association
Suggested Donation: \$20



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