



# WOMEN'S SELF-DEFENSE

SEPTEMBER 8TH 2:00PM

## BENEFITS OF SELF-DEFENSE

- ✓ Vigilance
- ✓ Preparation
- ✓ Empowerment
- ✓ Good Instincts
- ✓ Freedom

**RESERVE YOUR  
SPOT TODAY**

CALL 269-414-4113  
OR VISIT OUR  
FRONT DESK