



SELF DEFENSE 101 CLASS

This event is offered to you by
the Apple Valley Chamber
C.O.R.E. Women's Group.

- Empower Yourself
- Build Confidence
- Learn to Protect Your Personal Space

Join the Chamber C.O.R.E. Women in a self defense class, led by David Younglove of USA Karate! David is a 7th degree Black Belt, Master Instructor and Co-Owner of USA Karate in Rosemount & Burnsville.

All are welcome! Bring a coworker, friend, whoever!

EVENT INFO

Thursday June 22nd

3 - 4 pm | Class
4 - 4:30 pm | Networking

@ Kelley Park Stage

No need to change out of your
work attire but please
bring comfortable shoes.

 **RSVP REQUIRED**

info@applevalleychamber.com

(952) 432-8422

Kelley Park (meet at stage)

6855 Fortino St - Apple Valley, MN