



**Family Fall Karate Class is every Wednesday!**

Don't let money keep you from sending your kids to this class, it is open to all! Classes are from 5 to 6 p.m. in McBride Hall.

Classes will equip participants to develop fitness of mind, body, & spirit; learn safe & respectful self-defense, anti-bullying, & conflict resolution skills; practice meditation, discipline & respect; all in a safe, fun, & supportive faith community setting.

Contact us if you are interested or have questions!

Pastor Kimberlee 520-327-6857, [pastorkimberlee@grace-stpauls.org](mailto:pastorkimberlee@grace-stpauls.org)

Fr. Allen Breckenridge 520-808-4073, [frallenb02@live.com](mailto:frallenb02@live.com)