

In honor of the "move more" tenet of American Heart Month

THS SISTERHOOD Presents

**A FREE Demonstration
and Introductory**

KRAV MAGA CLASS



Israeli Self Defense System

PRESENTED BY:

MASTER ISRAEL NAVA, KRAV MAGA BLACK BELT

**Instructor Malcolm Rowley, Krav Maga
Federation**

**Lt. Joelle Gozlan (ret.) Officer of the Year,
Israel Defense Forces**

**For men and women, ages 13 and up
Post-class refreshments will be available**

Sunday February 26, 2017

10 to 11 a.m.

Temple Har Shalom Social Hall (lower level)

**Special thanks to Bruce Dobin
for making this event possible.**

Please RSVP by 2/20 to sisterhood@templeharshalom.org

This event is open to Temple Members only.