

*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](mailto:sisterhood@templeharshalom.org)  
*This event is open to Temple Members only.***