

SENIOR WOMEN EMPOWERED **SELF-DEFENSE**

TUESDAY, AUGUST 15

11 A.M. - 1 P.M.

THE BARN

\$20



Learn the basics of self-defense. Have fun with your friends and become aware of your surroundings in this senior focused, Master run class for women. Learn how to recognize a threat, immobilize your attacker and get to safety before further harm. With confidence, you will be able to travel with ease and feel safe in your home. This class is perfect for all fitness levels and designed for this with limitations for going on the ground. Light refreshments will be served.

Please call Kristina Sherman with any questions 774-487-0394

Space is limited, to register today email: kshermantntdiva@hotmail.com

Master Instructor Eric Mendoza

owner M3 Karate, 4th Degree Blackbelt