Seniors...Don't be a victim
Defend Yourself!





Join us for a special presentation
given by Gary Stevens TaeKwonDo Master

- **Ward Off An Attack**
- **Real Self-Defense Skills**
- **Strength & Flexibility**
- **Burn Calories & Alleviate Anxiety**

Wednesday March 25 at 10 am

Glen Rockin Seniors
Glen Rock Municipal Annex Bldg
678 S. Maple Avenue Glen Rock