



presented by:



**April 5th, May 3rd, June 28th,
July 12th, August 9th**

9:00 AM - 12:00 PM

The time is now to learn to protect ourselves and family.

During this workshop you will learn discipline of confidence over fear and gain the muscle memory skills to be the one in control of a conflicting situation. This is an opportunity that every family member should learn to be prepared in an uncertain world.

Ages 13 and up

\$15/Class or

Register for 4 classes and get the 5th free

Groups of 5 or more, Get 1 Free



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