

WOMANS SELF DEFENSE

WHEN

**February 17th 2018
From 10-12:30**

WHERE

**West Bay Martial
arts**

3775 Post rd Warwick RI

**Focusing on practical self-defense, pepper spray, and
much more**

WESTBAYMARTIALARTS.COM

**25.00 pre-paid by
February 4th**

30.00 at the door

Itinerary

10 am -11 am

Basic of self defense

11-11:30

Break

11:30-12:30

**Pepper spray and
parking lot safety**

Please RSVP

today!! By calling

401-632-5485 or

send email at

**westbayjj@gmail.
com**

**Please wear
comfortable
clothing**