



Women's Empowerment Seminar

Learn to identify a bad situation before it becomes dangerous for you and your family.

February 23 -

March 16

Friday Nights

6:00 - 7:30 p.m.

***Space Limited - Call
Today!***

4 Week

Course

\$39.00

Your safety depends on more than physical self-defense techniques

No Need to be in good physical shape...

All Are Welcomed and Encouraged to Attend!

All will benefit from the mental and physical techniques offered.

Presented by:



Hassett's Jiu-Jitsu Club

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