



“The goal of these courses is to teach women of all ages how to defend themselves. Women will develop skills they can use should they ever need to defend themselves.”



Basics of...

WOMAN'S SELF DEFENSE



Date: January 18th 2019

Location: Social Services Gym

Time: 9:45am-11am

Limited spaces available

*Limited childcare available *

To register please call 519-445-2565