



Women's Self-Defense

Adult Class (16 and up)

Physical, Verbal & Psychological Self-Defense
Assertiveness Skills, Information & Discussion on Related Topics



◆ Powerful ◆ Easy to Learn ◆ Easy to Remember ◆ *FUN!*

DATE: **Saturday, March 25, 2017**
TIME: 10:00 am - 4:30 pm ****please arrive 10 minutes early****
LOCATION: Sebastopol Masonic Lodge (373 N. Main Street)
CLASS FEE: \$75 per student (group discounts & work-trades available)
REGISTER: **Students MUST PRE-REGISTER (Class size is limited)**
Call or text the instructor to sign up (707) 326-4287
Or email: selfdefenseforgirlsandwomen@gmail.com

Taught by Jade de la Cruz. She has been teaching Women's Self-Defense for 24 years.

For more women's information, please go to:

Website: www.self-defenseforgirlsandwomen.com

Facebook: Jade's Women's Self-Defense

La maestra habla español. Por favor, llame si tiene preguntas.