



Women's Self-Defense

Adult Class (age 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, April 29, 2017

TIME: 10:00 am - 4:30 pm (please arrive 10 min. early)

LOCATION: Thrive Birth Center (4859 Old Redwood Hwy, Santa Rosa)

CLASS FEE: \$75 if paid by April 20th (after April 20, class fee = \$85)

REGISTER: Call or text the instructor to sign up (707) 326-4287

Or email: SelfDefenseforGirlsandWomen@gmail.com

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

For more information about Jade's Self-Defense Classes, 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.