



Women's Self-Defense

For Teen Girls & Adult Women

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



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

DATE: Saturday, June 24, 2017

TIME: 10:00 am - 4:30 pm (with a 30 min lunch break)

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

CLASS FEE: \$75 per student (group discounts available)

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

Or email: SelfDefenseforGirlsandWomen@gmail.com

Jade de la Cruz 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.