



Women's Self-Defense Classes for Teen/Young Adult Women (age 13-24)

Physical, Verbal & Psychological Self-Defense



Date: Monday, July 16, 2018
Time: 10:00 am to 4:30 pm
Location: Masonic Lodge in Sebastopol
On Main St. across from the Safeway

**** TWO SEPARATE CLASSES – ONE DAY EACH ****

Date: Thursday, July 26, 2018
Time: 10:00 am to 4:30 pm
Location: Finley Community Center, Senior Wing, Rm 25
Corner of Stony Point Rd and College Ave

CLASS FEE: \$75 (work trades/discounts available)

TO SIGN UP: Call/Text (707) 326-4287 or Email

Email: selfdefenseforgirlsandwomen@gmail.com

Web: www.self-defenseforgirlsandwomen.com