



Women's Self-Defense Class

For Teen Girls & Young Women
(age 13-24)

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



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

DATE: Saturday, August 25, 2018
TIME: 10:00 am - 4:30 pm (with a 30 minute lunch break)
LOCATION: Sebastopol Masonic Lodge
(on Main St across from the Safeway)
FEE: \$75 per student*
REGISTER: Call or text (707) 326-4287
Or email: selfdefenseforgirlsandwomen@gmail.com

*trades and scholarships available for those who ask

For more information online: www.self-defenseforgirlsandwomen.com

Facebook: [Jade's Women's Self-Defense](#)

Se habla español