



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PREPARED FOR ANYTHING

Women's Self Defense Class

How do you protect your body, your children and other loved ones? Avoid being a victim and feel confident in a public or private place. Develop your inner strength and power by learning practical self-defense.

Presented by Sensei Kerwin Anders,
Grandmaster in Ketsu-Ka Karate
Retired Police Officer

Every Wednesday for 8 weeks

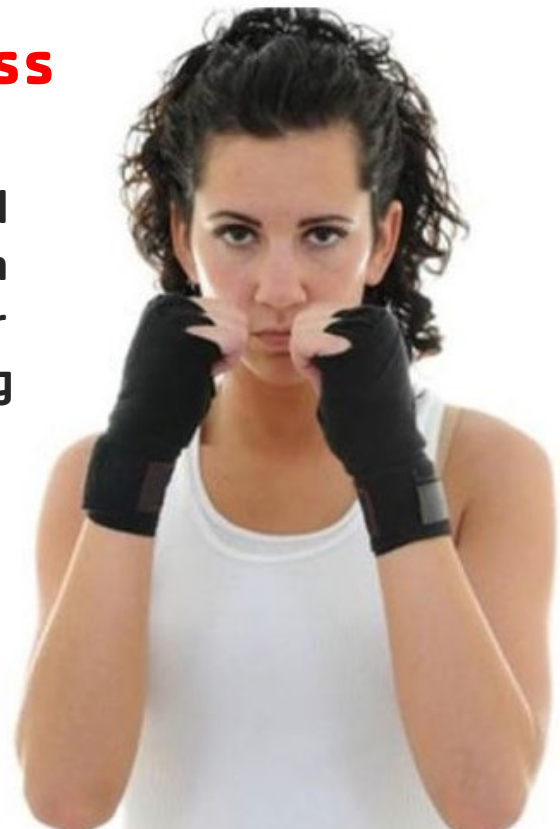
Begins January 10th

6:00- 7:00 PM

Everett Milton YMCA

Community Room

For more info contact Erin Marler
229-226-3446 or emarler@ymca-thomasville.org



Cost: \$80

Please wear
comfortable clothes.

Limited to 16 participants