

WOMEN'S SELF DEFENSE CLASS

BECAUSE NOT KNOWING YOUR
OPTIONS IS NOT THE SAME AS NOT
HAVING ANY

Ladies 13 years and older are invited to join us in the Bluffton City Gym on Saturday May 11th from 9-11am. This FREE class will teach you pressure point techniques that do not require much strength. Each participant will also receive a free self defense stick that will attach to your key chain. Call to register by the Friday before at 824-6069 or e-mail at parks@ci.bluffton.in.us

