



● ● ● **FIGHT 101**

SELF-DEFENSE WORKSHOP

FREE AND OPEN TO THE PUBLIC! NO REGISTRATION NECESSARY!

SATURDAY, OCTOBER 5, 2019 2:00p-5p

COMMUNITY ROOM - PETER WHITE PUBLIC LIBRARY



**FOR
AGES
12 AND UP**

**-CONSENT
-EMPOWER
-DEFEND
-ATTACK**

**Traci Baxendale Ball LMSW, CAADC
3rd Dan Blackbelt - Shotokan**



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