



# WOMEN'S SELF DEFENSE

# LEARN TO PROTECT YOURSELF

## DON'T WAIT UNTIL IT'S TOO LATE

Learn to fight off an assailant if you have to with our 6 week Women's Self Defense class. Sessions at \$60 for 6 weeks.

- First session: 5/17- 6/28 Tuesdays from 10:00-11:00am
- Second session: 5/22- 7/1 Fridays 4:00-5:00pm

**Martial Arts Teacher  
Sifu Ray Johnson**

**Two sessions to  
choose from!**

**EMPOWER YOURSELF**

**RECOGNIZE AND  
AVOID DANGEROUS  
SITUATIONS**

**DON'T BECOME A  
VICTIM**

## LAKESIDE FAMILY FITNESS

39 State Street  
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[www.lakesiderehab.com](http://www.lakesiderehab.com)

1<sup>st</sup> Session Starts 5/17  
2<sup>nd</sup> Session Starts 5/20

