

SELF-DEFENSE CLASS

Learn the basic skills necessary to defend yourself.

No prerequisites, past experience or physical fitness level required

Learn self defense techniques from Samantha Barron, Assistant Manager from National Karate for CSA Girl Scouts.

- April 21, 2018
- Lutheran Church of Peace
 - 47 South Century Avenue, Maplewood
- 9am to 11am
- Deadline is April 15, 2018

Email Jane Schrupp at jschrupp@comcast.net to register. This is a free event but I need to know the number of girls

attending.

