



Self Defense for **MEN**

Increasing personal safety for yourself and family starts with awareness. Start here and learn realistic techniques for safety specifically for men **ages 14 and up**. Class is **FREE**; workbooks are \$10..

Classes will be held from 6:00 p.m. to 9:00 p.m. on the following days:

Wednesday, August 11, 2010

Tuesday, August 17, 2010

Tuesday, August 24, 2010

Tuesday, August 31, 2010

REGISTER | INFORMATION | CONTACT
Shilo Gall at 614.507.5703



HelpLine

Of Delaware and Morrow Counties, Inc.

