



POWERHOUSE SELF-DEFENSESM

3-Hour LAUNCH Workshop

This 3-hour workshop will teach you to be aware of your surroundings. It includes training hand and leg techniques taught in martial arts programs, and learning to use these techniques to defend yourself. Through 'attack scenarios' you will also learn that by using your CORE STRENGTH you can stop the attack immediately! Light refreshments will be served during our Q&A Section.

COME PREPARED – LEAVE EMPOWERED!

Sunday, November 4, 2012

12.30 – 3.30pm

**Jazzercise San Antonio Perrin Beitel Fitness Center
4105 Avenida Prima Street, San Antonio, TX-78217**

REGISTER NOW!

Special POWERHOUSE Fee for Girl Scouts \$30.00

Ages 12+

Contact: Leslie Gartin, Regional Events Coordinator

(210) 382-3201 powerhouseleslieg@gmail.com

www.powerhouseselfdefense.com

**POWERHOUSE
SELF-DEFENSE**