

WOMEN'S SELF DEFENSE CLASS

SUNDAY January 29th, 2012

9:00 AM to 11:00 AM

Reis Martial Arts
303 1st St. NE Mandan ND.

Only \$20.00 per person
(Ages 10 & Up)



call today to reserve your spot!
701-751-7347



LADIES:

The possibility of being attacked is increasing!

As our local community grows with more transient workers coming from all parts of the country and all walks of life looking for work, we are seeing an increase in crime in North Dakota. Are you prepared to defend yourself or will you be the next statistic in a growing list of victims who had no tools to deal with a physical attack. Please tell your friends and join us at Reis Martial Arts. See above for details.

No experience necessary, wear gym style clothing.