WOMEN'S SELF DEFENSE 1-DAY CLINIC

DISCOVER THE POWER YOU HAVE!

ELITE INSTRUCTION from:
The World Class
Kenpo Karate Academy

FEATURING:

5th Degree Black Belt
Donna Bosworth

- **Learn to protect yourself in any situation.**
- **Learn awareness & self defense skills**
- **This powerful class could save your life!**

Questions? Call 508.999.9552

SATURDAY, NOVEMBER 14
10:00 - 11: 30AM
For Ages 13 & UP

Cost: $20 (Bring a Friend for: $10)
Non-Residents: $25.00

Register at: WWW.NBPRB.COM
Class held at the McCoy Rec Center
181 Hillman St., New Bedford, MA 02740

All COVID-19 SAFETY GUIDELINES APPLY

lighting the way NB new bedford
MAYOR JON MITCHELL

Our Website Translates into many different languages.
Sitio web se traduce en muchos idiomas.
Web site traduz em muitas línguas.der

NEW BEDFORD PARKS, RECREATION & BEACHES
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