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WOMEN'S SELF DEFENSE SEMINAR

Mark your calendar for Saturday June 11th, 9:00 am to noon in the TLO gym!

Prepare to respond effectively in an attack situation. This three-hour class introduces self-defense techniques that can be learned quickly. We'll discuss strategies to avoid risky situations, and to assess your options if a threat arises. Please wear comfortable, casual, loose-fitting clothing. Rubber-soled shoes are recommended. The seminar is sponsored by TLO's "Faith and Fitness" group. The curriculum is designed by Connie Lee, a former Karate instructor for Northern Dakota County TriDistrict Community Education.

This class is for adult women age 18 and older. There is no charge, but advance registration is required.

To sign up, please contact the church office at (651) 454-7235, or the school office at (651) 454-1139.