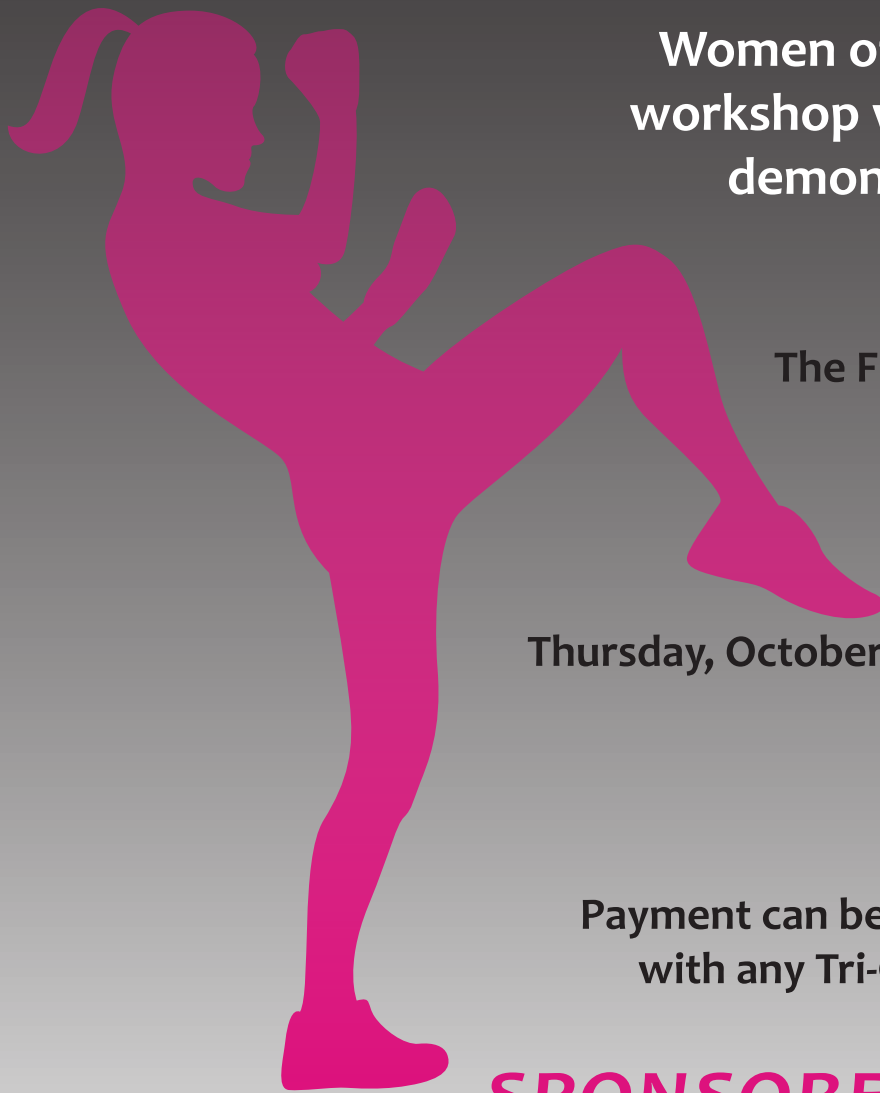


DON'T BE A VICTIM!

WOMEN'S SELF DEFENSE WORKSHOP

Learn how to protect yourself in this 2 night workshop, presented by Richard Heller of The Final Option Self Defense Studio.



Women of all ages are invited to the workshop which includes instruction, demonstration and participation. Please dress comfortably.

Where:

**The Final Option Self Defense Studio
435 Factory St.
Plymouth, WI 53073**

When:

**Thursday, October 15th & Thursday, October 22nd
6:00- 8:00 pm.**

Cost:

\$15.00 for both nights.

Payment can be dropped off at Chiro-Health or with any Tri-County Sportswomen member.

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