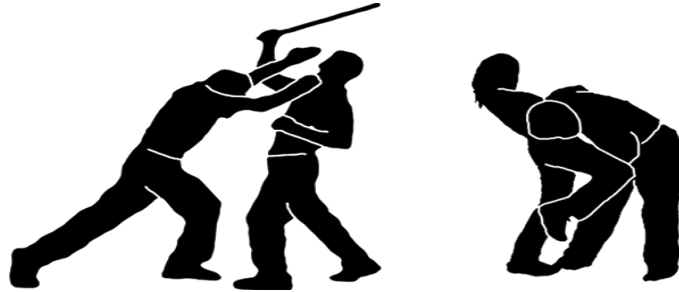


AFFORDABLE AIM ADULT SELF DEFENSE CLASSES for the Month of AUGUST



Fun and Affordable

Builds Self-Confidence

Do you know how to defend yourself? This class is a beginner class for adults who want to be aware of dangerous situations and be able to defend themselves if ever needed. Class includes: how to walk away and when necessary how to defend yourself from grabs, and various attacks and so much more.

Adult: = 16 and up

Cost: \$40.00 = 4 weeks about 1 hour each Thursday

Time: 6:30 P.M. to 7:30 P.M. Black Belt will be available after class for any questions

When: August 2nd, 9th, 16th and 23rd

Where: Lakeside United Methodist Church

2333 Hillard Rd. Richmond, VA 23228

Attire: Adults may wear comfortable clothes