



Self-Defense Class

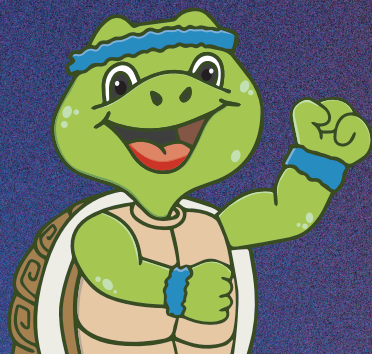
Join us for an afternoon learning self-defense with Sensei Marvin Bradley. He is a black belt with over 40 years' experience training and teaching Karate.

Monday, June 16 & 23 | 1-2 p.m.

**Ske:g Himdag Ki
Senior Room**

**All fitness levels and
abilities welcome.**

**For community seniors 55+
and adults with adaptive needs.**



Learn more and sign up with Celinda Joe
celinda.joe@srpmic-nsn.gov or **480.876.7180**
Request transportation if needed.

