



WOMEN'S SELF DEFENSE



Self Defense Designed for Women

- Proven Techniques: Effective methods taught by skilled professionals.
- Boost Confidence: Build self-assurance and a strong sense of empowerment.

Invite a friend or make it a mother and daughter duo for a fun activity!

■ **Nov. 2 at Johnson HS**
6:30 to 8:30 pm

Register Today!



 **(210) 407-0138** <https://neisd.ce.eleyo.com/>
Type Self Defense in the search bar.