



SELF DEFENSE *Ladies Night*

Grab your girlfriends and join us to learn hands-on self-defense in a relaxed environment including: Awareness tips and risk reduction, basic defense maneuvers and simple strategies for escape

MONDAY NOV, 21	TIME 6 - 8 PM	103 Madison St, Ste. E Albertville, 35950
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Complimentary wine and snacks included!
To register email info@foundationformmc.org

\$25 donation suggested benefiting:

