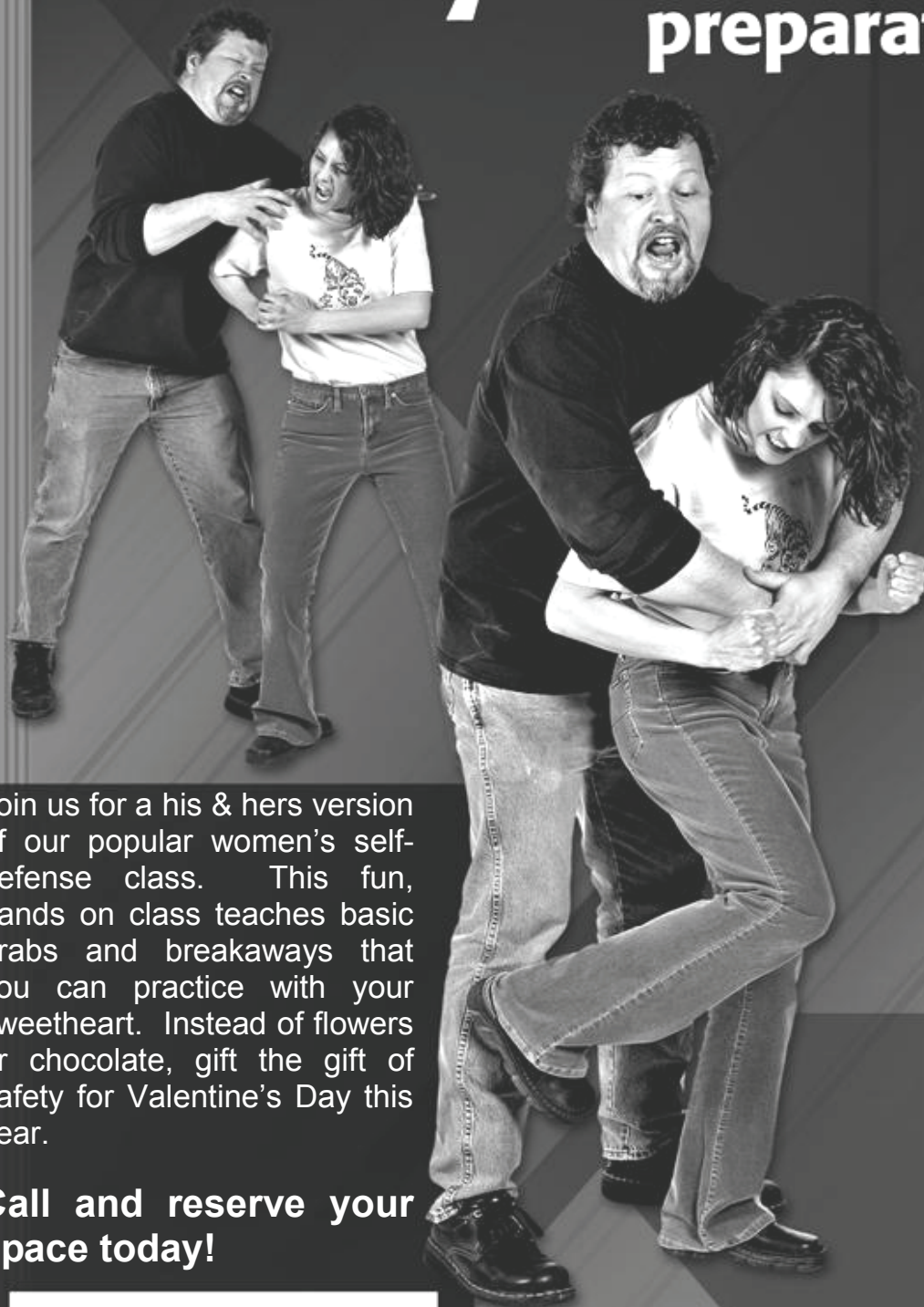


# Safety comes through preparation ...

# BE PREPARED!



Join us for a his & hers version of our popular women's self-defense class. This fun, hands on class teaches basic grabs and breakaways that you can practice with your sweetheart. Instead of flowers or chocolate, gift the gift of safety for Valentine's Day this year.

**Call and reserve your space today!**

**Date:** Friday, February 12th & 19th

**Time:** 6:30 - 8:00pm

**Cost:** \$59 (per couple)

Register today!  
Call 425-254-3526



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