






FREE SELF-DEFENSE CLASS

**SATURDAY JULY 25
12:00 - 1:00 PM**

-  **Learn Basic Self Defense Techniques That Could Save Your Life!**
-  **All Are Welcome. No Martial Arts Experience Necessary!**
-  **For Men, Women And Children Ages 12 And Up!**



**Scan Here
to Register**



Donations Accepted -
All proceeds will go to the Alzheimer's Association



48 Main St, Kings Park, NY 11754



info@nokado.com