

Women's Self-Defense Seminar

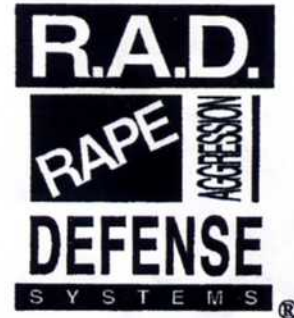
Conway Regional Health & Fitness Center will host a
Women's Self-Defense Seminar
presented by Hollender's ATA Black Belt Academy



This seminar is designed to teach women defensive concepts and techniques against various types of assault by utilizing easy, effective and proven self-defense tactics.

For more information call 450.9292 ext. 10

No registration is required



Conway Regional
Health & Fitness Center
700 Salem Road
Conway, AR 72034

