



INSTRUCTED BY JIM BENNETT

# WOMEN'S SELF DEFENSE

LEARN TIPS AND TACTICS TO PROTECT YOURSELF IN ANY SITUATION

**SATURDAY, FEBRUARY 17<sup>TH</sup>, 2024**

**• 10:30 AM - 12 PM •**

**@ HEALTHWORKS FITNESS CENTER** 304 N. MADISON  
EL DORADO AR

**FOR WOMEN AGES 15+ • \$25 FOR HFC MEMBERS/\$35 FOR NON-MEMBERS**

**CHILDCARE IS AVAILABLE, PLEASE CALL THE FRONT DESK FOR MORE INFORMATION**

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