



# Women's Self Defense Workshop

**When:** Saturday, June 26, 2010 from 2:00-4:00pm

**Ideal for:** Women and teen girls (12 yrs+) who want to learn how to defend themselves.

**Where:** Yu's Academy of Martial Arts; 345 Albany Turnpike, Canton, Connecticut; Telephone: (860) 693-0025

**Suggested Donation:** \$10.00/per person donation to Soroptimist (cash or checks made out to SIFV). Proceeds will go towards service projects that help other women and girls improve their lives locally and around the world.

**Register:** call Kathleen (860) 614-5676 or email [knockyouout@gmail.com](mailto:knockyouout@gmail.com)

**More Information:** visit [www.BestForWomenSelfDefense.com](http://www.BestForWomenSelfDefense.com)

**This community service program is sponsored by:**



SOROPTIMIST  
Best for Women

[www.Soroptimist.org](http://www.Soroptimist.org)

**Yu's Academy of  
Martial Arts**

with schools in  
Canton & Simsbury, CT

[www.YusAcademy.com](http://www.YusAcademy.com)

