

Women's

Self-Defense Seminar

When: Dates to be Announced

Where: Petaluma Academy of Martial Arts

Who: Women of All Ages

- ▶ **Protect Your Children**
 - ▶ **Gain Self Confidence**
 - ▶ **Learn Effective Self-Defense**
 - ▶ **Fun & Safe Learning Experience**
 - ▶ **Use Everyday Objects as Weapons**
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Call to schedule a seminar for your group or organization

Registration: Email Mr.C.Pama@gmail.com

Phone 778-1069, ask for Dan Cuthbertson



PETALUMA ACADEMY OF MARTIAL ARTS

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Daniel Cuthbertson, Owner & Senior Instructor, Since 1979