

Six Nations Health Promotion & Nutrition Services in partnership with
Six Nations Justice Department are offering



FREE SELF Defense Classes

Learn self defense techniques from

Martial Arts Instructor—Master Alvey

Thursdays starting

January 3-March 28, 2019

+14 yrs. and older

Wear track pants and t-shirt (no socks or shoes required)

Will run for 12 weeks from 11:00am– 12:00pm

Social Services Gym

Registration starts December 12, 2018 till January 2, 2019

Call 519-445-4779 to register or for more information

