



City Councilor
Diane Deans

invites you to attend a



SELF-DEFENSE CLASS

Self-Defense for Men, Women and Children (12yrs +)

As part of my ongoing commitment to community safety, and due to the popularity of last year's event, I am excited to announce that the next installment of my safety series will once again focus on self-defense and personal safety. This free class will be taught by International Master Instructor and Examiner, Master Sam Saroughi 8th Degree Black Belt Taekwon-do ITF.

SUNDAY, MAY 6TH, 2018
1:30 P.M. – 3:00 P.M.
GREENBORO COMMUNITY CENTRE,
363 LORRY GREENBERG DRIVE

Would you know what to do?

Don't be a victim, stay safe and confident

Learning benefits:

- Learn basic self-defense techniques
- Confidence booster
- Learn how to disable an assailant
- Learn about vital spots and pressure points

FREE CLASS: Registration is required. For more information or to register, please call my office at 613-580-2480 or email diane.deans@ottawa.ca