

# **FREE** HOLIDAY SAFETY **SELF DEFENSE WORKSHOP**

**FRIDAY, DECEMBER 1 at 7 pm**



**This free hands-on instructional workshop will include self-defense discussion, demonstration, and practice to help keep you safe during the holidays. No experience is necessary, and the class is free to the public. However, reservations are required.**

**Please call (916) 258-5425 to reserve your spot!**

**(916) 258-KICK (5425)**

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

[info@trainatthestudio.com](mailto:info@trainatthestudio.com)



**THE STUDIO Martial Arts & Fitness**

8200 Sierra College Blvd., Suite D

Roseville, CA 95661