

FPCC WELLNESS CENTER (POPLAR)

Featuring guest Sensei Roque Wardell, 40-year martial art practitioner, 30-year Aikido/Self-Defense instructor

WOMEN'S SELF-DEFENSE SERIES

SATURDAY, APRIL 27 - 10AM-12PM

SUNDAY, APRIL 28 - 12-2PM

SATURDAY, MAY 4 - 10AM-12PM

SUNDAY, MAY 5 - 12-2PM

FREE for FPCC Wellness Center members.

(incl. students, diabetics, corrections,
monthly & annual members)

\$5/session non-members.

**FREE for anyone who completes all 4
sessions.**

(money will be refunded upon completion)

**PRE-REGISTRATION APPRECIATED. TO REGISTER: VISIT THE WELLNESS CENTER,
CALL 406. 768. 5630, E-MAIL WELLNESS@FPCC.EDU, OR VIA ONLINE LINK
(WWW.SURVEYMONKEY.COM/R/LSWDX93).**