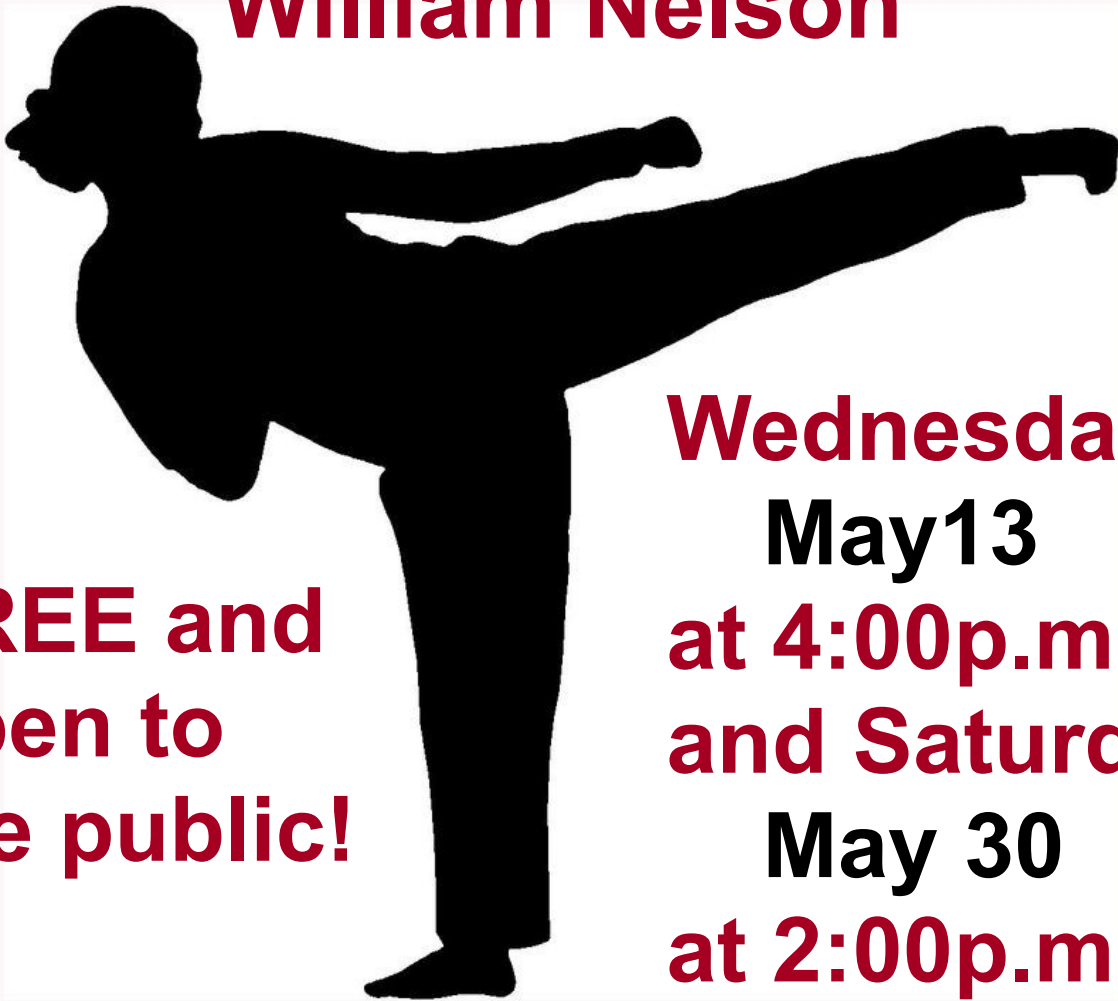




Self-Defense For Women With Master Instructor William Nelson



**FREE and
open to
the public!**

**Wednesday,
May 13
at 4:00p.m.
and Saturday,
May 30
at 2:00p.m.**

Mr. Nelson will introduce us to the basics of martial arts philosophy that focuses on physical, mental, and emotional aspects of the training.

East End Branch • 1200 N. 25th Street • 804.6466.4474