



BASIC SELF DEFENSE CLASS

SPRING BREAK EDITION



HOSTED BY **RISE UP**
MARTIAL ARTS



Wednesday & Thursday
March 26th and 27th
4:00 - 6:00 PM

Learn techniques of self defense & feel confident
Taught by Jake Martin with Rise Up Martial Arts

free and open to the community

Limited Availability | 20 person max



Scan QR to register on our website or go to <https://www.liveritestructuredcorp.com/events>

 **Live Rite**
Structured Recovery Corp.

(586) 217-5899

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Roseville, MI 48066

