



Self Defense Training Class

Prepare to Defend Yourself!

Come learn basic **Streetwise Self-Defense Training** techniques at this **FREE** event. Participants will learn basic strikes, kicks and blocks. They will also learn what to do if an attacker grabs, chokes or holds them. The moves are easy to learn and execute. This event is open to men and women of all ages.

Registration is required. Come and bring a friend.

Comfortable clothing is encouraged. Light refreshments will be served.

Healthy Communities Initiative - a collaborative effort between Cleveland Clinic, the city of Lyndhurst, and community partners to promote optimal health and wellness.

WHEN: Thursday, July 11, 2019
6 p.m. to 8 p.m.

WHERE: Pro Martial Arts Studio
5143 Mayfield Road
Lyndhurst, OH 44124
ProMartialarts.com/Lyndhurst

REGISTER: www.clevelandclinic.org/ComeLearnWithUs

INFO: Marybeth Mack at 440.312.4784 or mmack@ccf.org

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