

SELF DEFENSE FOR GIRLS!

(Mature Juniors & Up)

September 7, 2019

Zion Lutheran Church
107 W. Main Street
Middletown, MD 21769

Time: 11:00-12:30

Cost: \$9.00



◆ Learn the basics of self-defense in this seminar. ◆ Content is considered mature. ◆ Scenarios depicting violence against women will be discussed.

Space is limited, so please complete the registration below and mail before **August 28, 2019.**

Water, Patch, and Snack Provided.

Please bring a toiletry item for the food bank.

***Dress in clothing that will allow you to move. No open toe shoes!
Girls will actively participate.***

Registration will be open until August 28, 2019, no refunds once registration closes.
Registration may be by girl or troop.

If by troop, or if you have questions contact Jennie at Troop81327@gmail.com.

Girl Name(s): _____ Level _____ Troop # _____

Confirmation Email Address: _____

Parent Name: _____ Phone Number: _____

Make check payable to GSCNC & mail with registration to:
Self Defense 7214 S. Beechtree Drive Middletown MD 21769

Date Received _____

Check # _____

Amount \$ _____