



SELF-DEFENSE CLASS

**MAIN STREET BAPTIST CHURCH
SATURDAY, MARCH 6, 2010**



INSTRUCTORS FROM NIXA TAEKWONDO

FAMILY LIFE CENTER

AGES 13 & UP

10 A.M. to 3 P.M.

WITH LUNCH SERVED

LONG PANTS AND T-SHIRTS WILL BE REQUIRED

DRESS CODE

\$20 per PERSON or \$30 for 2

60 people maximum

1st. Come

Main Street Baptist Church

Registration due by Sunday, February 28
Please call Main Street Baptist Church @ 637-5335
Or Cherri Ruark @ 872-9195