



**WINNIPEG SIKARAN ARNIS ACADEMY**  
**In Cooperation with Seven Oaks Immigrant Services**



**SEVEN OAKS  
SCHOOL DIVISION**  
*community begins here*

**Join us!**  
**It's FREE**

# Self defense class

**(Basic Special Martial Arts Program for Men and Women)**

**At the Seven Oaks Adult Learning Centre, 950 Jefferson Avenue**

**Friday, May 29, 2015 Orientation, opening & demo by the WSAA Students**

**Classes: Friday, June 5, 12, 19 & 26, 2015 @ 6 PM to 7 PM**

*\*Please wear comfortable clothing (sweats, shirt, and runners/sneakers)*

- **Physical Fitness**
- **Develop Self-confidence**

**To register please call  
204-697-5967**

<https://www.youtube.com/user/kelayleg/featured>  
<https://www.facebook.com/WinnipegSikaranArnisAcademy>  
<https://twitter.com/WinnipegSikaran>

