



R.A.D

\$5

3-Day

SELF DEFENSE COURSE

SIGN - UP TODAY

August 24, 25 and 27th

5:00 pm - 7:30 pm

ANAD PHYSICAL

FITNESS CENTER (B206)

- ✓ *Empowerment And Self Confidence*
- ✓ *Positive Attitude*
- ✓ *Know Fear Avoid Panic Attacks*
- ✓ *Protect Yourself*
- ✓ *Learn how to become Stronger*
- ✓ *Increased Fitness, Flexibility*
- ✓ *Sharper Focus*

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