



# WEN-DO

## WOMEN'S SELF DEFENCE

BASIC COURSE WITH DEB CHARD

**OCTOBER 1-2, 2016, 9:30AM TO 5:00PM**

This two day course offers women of all ages and abilities the opportunity to practice easy to learn, easy to remember physical and verbal techniques.

Lunch will be provided.

**Register at [concordia.ab.ca/concordiatalks](http://concordia.ab.ca/concordiatalks)**

Space is limited to 20, and open to students, staff, and faculty.