

# American Martial Arts Center



Foster, RI

**WOMEN**

*Learn Self Defense & Awareness*

*Gain confidence*

*Adults and Teens*

**3 Hour Seminar**

**SATURDAY**

**April 2, 2011**

**1:30 to 4:30 PM**

**Cost \$50.00**



**Call today for information**

**401-647-9640 or 860-933-4821**

**[www.amacfoster.com](http://www.amacfoster.com)**