



# WOMEN'S SELF DEFENSE

Thursday, October 26<sup>th</sup>  
5:30pm – 8:30pm

Eastern Oklahoma State College – McAlester Campus



Choctaw  
Nation  
Homakbi  
Ribbon



**Provided at no cost to all women in the community. Bring a friend!**

To enroll, please contact Stephanie Vernor by October 18th  
slvernor@cnhsa.com or call at 918-302-0052  
(Enrollment requested but not required)