



ARE YOU READY TO TAKE CHARGE OF YOUR PERSONAL SAFETY?

Join our self-defense class and equip yourself with life-saving skills that can make all the difference in critical moments.

Open to everyone aged 12 and above. Minors must be accompanied by a parent or guardian.

FOR MORE INFORMATION, CALL **918.302.0052**
OR VISIT **MLCARRELL@CNHSA.COM**



Choctaw Nation Health Services

CHOCTAWNATION.COM

