



# WORTH IT WEDNESDAY - MAY 13

## **FREE 20 MINUTE INTRODUCTORY WORKSHOP**

**Learn How to Defend Yourself From A Violent Attack.**

# 10AM & 11AM

Sign-up through [DiscountNinja@miamidade.gov](mailto:DiscountNinja@miamidade.gov)

Interested in a full course? Call **305.542.5549** for schedule of available courses at Modern Martial arts & Fitness. (mention EDP discount offer)

**WWW.MMA-F.COM**