



*Brought to you by Northport Village Trustee Mercy Smith
& the Northport Police Department*



MY HEALTHY NORTHPORT PRESENTS

A Self Defense Series with Soke Joe Droual of New York **MARTIAL ARTS**



If you've ever desired to become more confident, powerful and self-disciplined, then self defense classes can be a great way to learn to build these essential life skills. Develop strength, agility and confidence as you gain experience. Self defense is perfect for men, women and children of all walks of life. With a thorough education, students explore self-defense as they take control over their lives in every aspect.

Register TODAY! <https://www.eventbrite.com/e/self-defense-series-tickets-54572512855>

Classes suitable for all ages, families, and level of ability. No experience necessary.

Dates: 7:00 PM - 8:00 PM - Wednesday, January 16, 23 ,30 , February 6, 13, 20, 27, March 13

Fees: Individual Session: \$10 (plus applicable tax/fees)

Eight(8) Session series for \$60 (plus applicable tax/fees)



First Presbyterian Church of Northport
330 Main St Northport, NY 11768

Why Self Defense?

- Soke Joe Droual is the most experienced martial arts instructor on Long Island.
- Gain the inner confidence you need. Develop strength and discipline while learning practical self defense techniques for real world situations.
- Regain lost energy and strength.
- Learn from Soke Joe's decades of experience in a class of like minded peers.

Registration questions? Contact Trustee Mercy Smith at m.smith@northportny.gov

Program questions? Contact Soke Joe Droual @631-549-9612



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- Kids will learn inner strength in a safe, fun environment with quality Martial arts instruction.

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