



# WOMEN'S SELF-DEFENSE SEMINAR

"Learn Skills and Strategies to Stay Safe"

**10 HOUR COURSE**

**Saturdays @ 11:30 am - 1:30 pm**

Preregister : Call Parks & Recreation  
608-326-7207

For Info : Contact Mr. Benson  
608-306-2597

**Classes Begin January 9**

**Hoffman Hall  
Fitness Room**

**1600 S. Wacouta Avenue  
only \$50**

**Family Discounts Available**

**A Great Christmas Present for Loved Ones • Gift Certificates Available**

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## STAR-STYLE KARATE PROGRAM

**Offering Professional Instruction**

**Mr. Gary E. Benson  
5th Degree Black Belt  
Master Instructor  
30 years experience**

**Tuesday 6:00 pm  
Thursday 5:30 pm  
Saturday 2:00 pm**

**Hoffman Hall  
Fitness Room**

**1600 S. Wacouta Avenue  
only \$50 per month  
Family Discounts Available**

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608-326-7207

For Info : Contact Mr. Benson  
608-306-2597

**Classes Begin January 5**

**A Great Christmas Present for Loved Ones • Gift Certificates Available**