

Wen-Do women's self-defence

What is Wen-Do? *Wen-Do* is a self defense course designed for women, by women to learn easy to use and easy to remember methods of protecting ourselves in a wide range of situations. Techniques are designed for effective use by women of all ages, sizes, and abilities. A combination of discussion, with practical physical skills results in an integration of mental and physical preparedness.

MOTHER-DAUGHTER* WEN-DO



*This two day course is not just for mothers-daughters. Bring along a niece, your friend's child, your sister, your partner's daughter. **Please Note:** The child must be 10 years old at time of the course. The parent/guardian must sign a consent form for any participant under 18 years old in a mother/daughter course.

Where? Athletic Centre, 55 Harbord, St. George Campus
When? Sunday March 18th and Sunday March 25th, 2006
Time: 10:00 a.m. - 5:00 p.m.
Interested? Register at the Athletic Centre
Telephone: 416 978 3436
Cost? Cost \$15 AC members /\$55 non-AC members



This course is sponsored by the Family Care Office and the Community Safety Office. For further information on the Family Care Office, please visit their website at www.library.utoronto.ca/familycare or call 416-978-0951.