

The Sisterhood would like to invite you...



SELF DEFENSE CLASS & YOGURT BAR!

This event has been sponsored by Fran & Grace Bijou in loving memory of Vera Manco beloved mother & grandmother

Learn to protect yourself!
Kick off the calories!
Have healthy fun with friends!



Tuesday August 15, 7:00-9:30 pm in the gym
Members: \$18, Non-Members: \$26 – Pay @ the door
*This event is open to high school age and up.
Please RSVP by August 9th to EASsisterhood@gmail.com