

Self-Defense

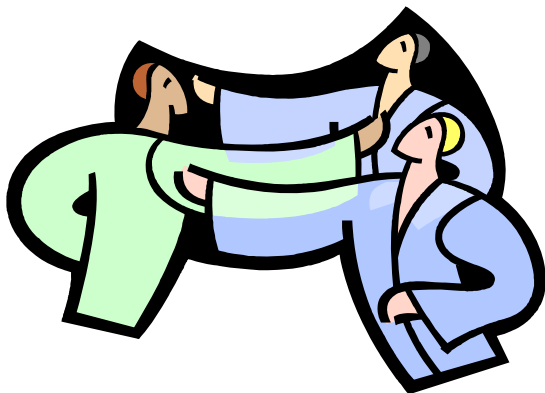
Feel confident, and learn the fundamentals of self-defense. Simple, effective physical self-defense techniques will be taught

Tuesday 6-8pm

Mar 16

Fee: \$25 Non-Residents
\$20 Topeka resident

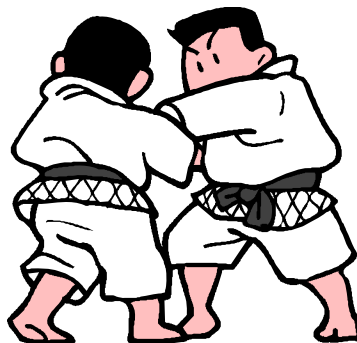
Ages 13+



Central Park Community Center

1534 SW Clay

(785) 368-3796



ADA Notice: For reasonable accommodations for this event, contact 785-368-3796 at least three working days in advance.