



Richmond Centre for Disability *in partnership with*
Sirota's Alchemy – Martial Arts Centre *proudly present*

MARTIAL ARTS & SELF-DEFENSE COURSE



For People with

Cognitive, Developmental & Mobility Disabilities

REGISTER TODAY!

January 13th, 2010 – March 17th, 2010

Location: Richmond Centre for Disability

100 - 5671 No. 3 Road, Richmond

Wednesdays 10:00am – 11:00am

Cost: \$80 (10 Sessions)

The Martial Arts & Self-Defense Course will address the following:

- ✓ Improved motor skills, dexterity and coordination
- ✓ Improved focus, attention-span, and concentration
- ✓ An enhancement of social skills
- ✓ Greater listening skills
- ✓ Increase in self-confidence & self-esteem
- ✓ Physical and emotional self-control
- ✓ Positive channel to release abundance of energy
- ✓ Becoming respectful and self-disciplined
- ✓ Personal satisfaction and growth



For more info & registration, please contact:

Richmond Centre for Disability

Rich Green

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Web: www.rcdrichmond.org

Pre-Registration required by
Jan. 11th, 2010