



**Date & Time:** Saturday, September 14th, 11:30 am to 1:30 pm for instructions  
After 1:30 pm---no host lunch, location TBD

**Place:** Jon Keeling's Studio, Cubberley Community Center  
4000 Middlefield Road, Suite G7, Palo Alto

**Members:** Free

**RSVP** to Evite ASAP

The class is now opened to non members for a \$10 per person donation to the Chi Am Service Fund. Please invite your female friends and pay online.

**For the day:** Wear comfortable clothing, no shoes in class (non-skid socks are fine), no food, and water will be provided.

**Questions:** Please contact Sylvia Eng

This is a self-defense class for women. It will take into consideration the diverse age span in the club.

- General self-defense instructions and demonstration for personal safety
- Hands-on instruction taking into consideration mobility
- Instructions according to the age group in attendance
- Fun and safe

Co-Chairs: Sylvia Eng, E.J. Hong

Committee: Debbie Gong-Guy, Jenny Leung, Alice Lee, Mary K. Lim, Shirley Pak,  
Marichu Scanlon, Juliet Sham, Leslie Tomihiro