

MAY 17, 2023
LUNCH & LEARN

**Nathan of
East Texas
KRAV MAGA**

SELF— DEFENSE

**GAIN KNOWLEDGE ON
HOW TO DEFEND
YOURSELF IN THESE
DIFFICULT TIMES**

- ✓ **Watch some live tactic moves**
- ✓ **Learn some defense techniques**
- ✓ **Learn how to go from victim to victor**

\$5.00

Per Person

**12 NOON-1:00 PM
REGISTRATION DEADLINE
MONDAY, MAY 15, 2023.
To Register-903.290.2980;
email:
robbie.williamson@ag.tamu.edu**

**1517 West Front
Street, Suite
116A
Tyler, TX 75702**

**CLAUDANN JONES
FAMILY & COMMUNITY HEALTH
AGENT, SMITH COUNTY**

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Cooperating