

Self-Defense Class

6:30-8 p.m.

Metzenbaum Center

8200 Cedar Road
Chesterland, Ohio 44026

**Mondays starting
April 15, 2019**

***The class will focus on self-defense,
exercise, stress relief, balance
and more!***

Participants will learn a variety of different techniques and styles of martial arts.

The class will be run by **Hugh Cassidy**, a certified instructor with the Midwest Jiu-Jitsu Association and sixth degree black belt. To register for the class, please contact **Hugh Cassidy** at **440-479-5682** or at **hugh@cwcreate.com**.

