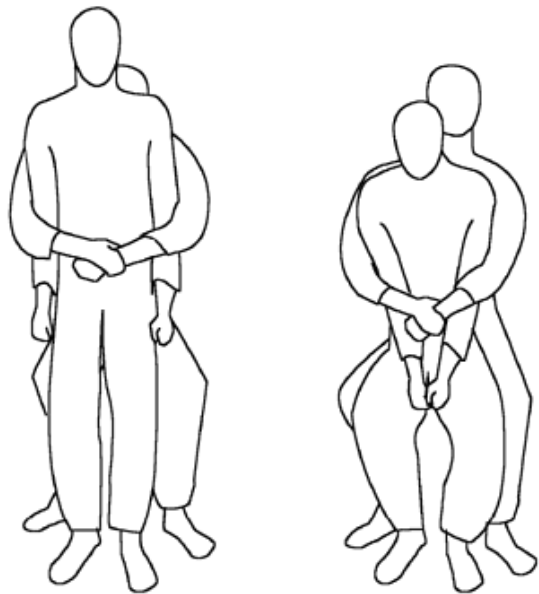


Pennington County Extension
Office

Self-Defense Workshop



To Make the Best Better



Pennington County
Extension Office

Tiffany Meyer
Pennington Co. 4-H Advisor
601 E Centre St.
Rapid City, SD 57701
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origin, ancestry, citizenship, age, gender, sexual
orientation, disability or Vietnam Era veteran status.

Join us to learn basic moves from Shawn McKay, a Black Belt Instructor in Self-Defense, from Wall, SD .

When: February 11, 2012

Where: Pennington County 4-H Office
601 E Centre St., Rapid City (NW corner of fairgrounds)

Time: 9:00-11:00am

Ages: 8 years to adults!!

How Much? Only \$3.00!!!!

Call the 4-H office at 605.394.2188 to sign up or stop by 8:00am-5:00pm, Monday through Friday.