

TAE KWON DO

A KOREAN MARTIAL ART

NORTHEAST OTTAWA COUNTY ACTIVITY

FREE CLASSES FOR ADULTS AGE 40+

**LOCATION: ST. MARY'S CHURCH PARISH HALL
15164 JUNIPER DR. MARNE MI 49435**

**TIME: MONDAYS 6:00 P.M.-7:00 P.M.
BEGINNING JANUARY 07, 2019**

**INSTRUCTOR: MAUREEN CARMODY
3RD DAN BLACK BELT ENSING INSTITUTE OF TAE PARK TAE KWON DO**

**FOR MORE INFORMATION: CONTACT WRIGHT TOWNSHIP CLERK
MAUREEN CARMODY**

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***BENEFITS OF LEARNING A MARTIAL ART INCLUDE STRENGTH, FLEXIBILITY, SELF-
CONFIDENCE, COORDINATION, BALANCE, SELF-DEFENSE***