

# Ladies

Did you know?

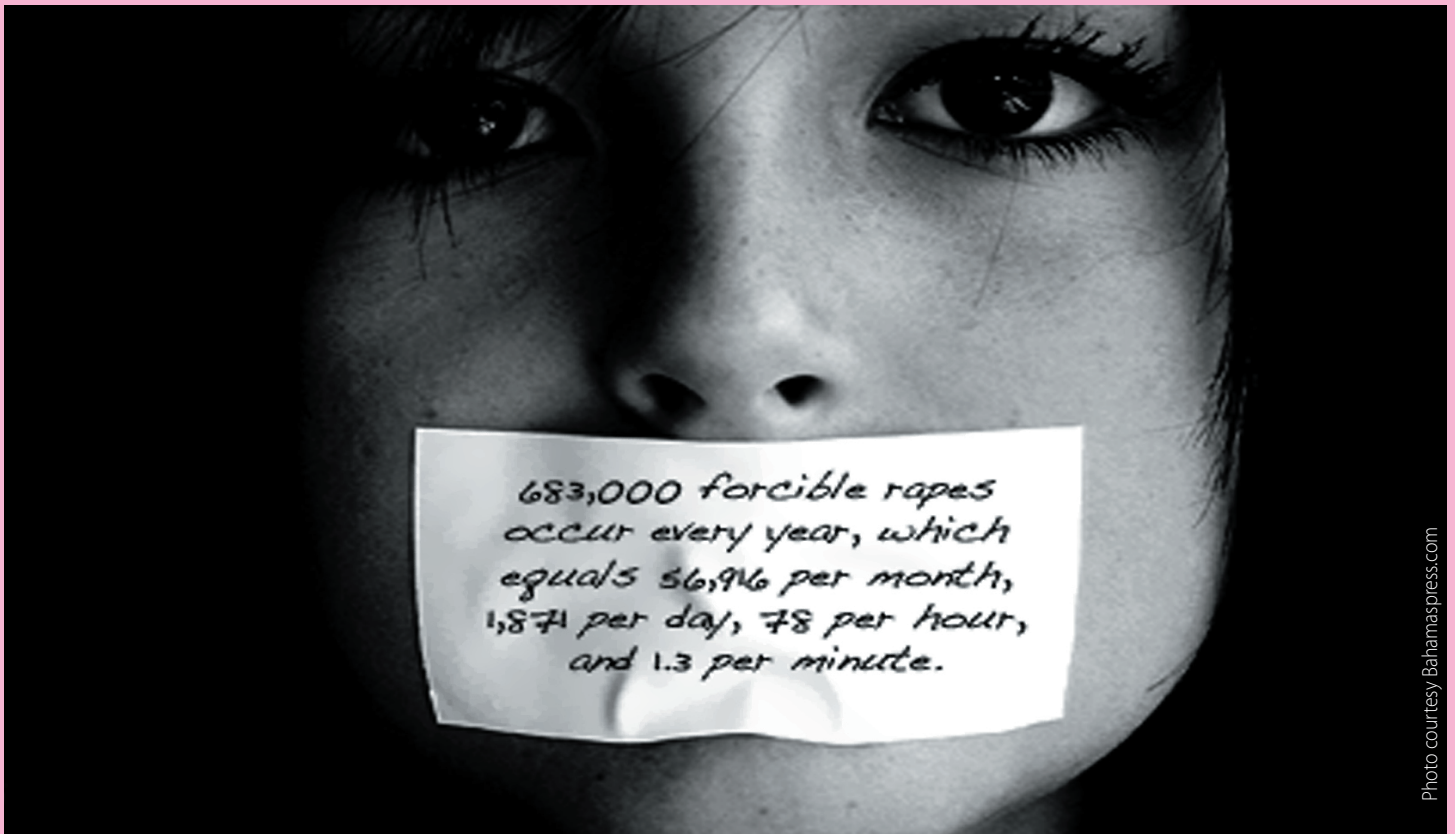


Photo courtesy Bahamaspress.com

Come learn exactly what you need to know to be STRONG, CONFIDENT and CAPABLE of **quickly** defending yourself at our 19th semi-annual

## **Women's Empowerment Workshop**

**Saturday, Sept. 17, 2011**

**Cost: \$25**

**2:00-5:30pm at:**

**MP USA, Inc.**

Martial Arts, Fitness and Self Protection  
2351 Grant Ave. Ste 302  
Ogden, UT

**BRING A FRIEND AND  
GET \$5 OFF!**

**Call (801) 391-1638 NOW to reserve your spot**

Under 18 yrs. requires parent/guardian written consent

Watch the workshop video at [mp-usa.org](http://mp-usa.org)

