

For women of all ages!

Be the change. "Above all, be the heroine of your life, not the victim."
— Nora Ephron

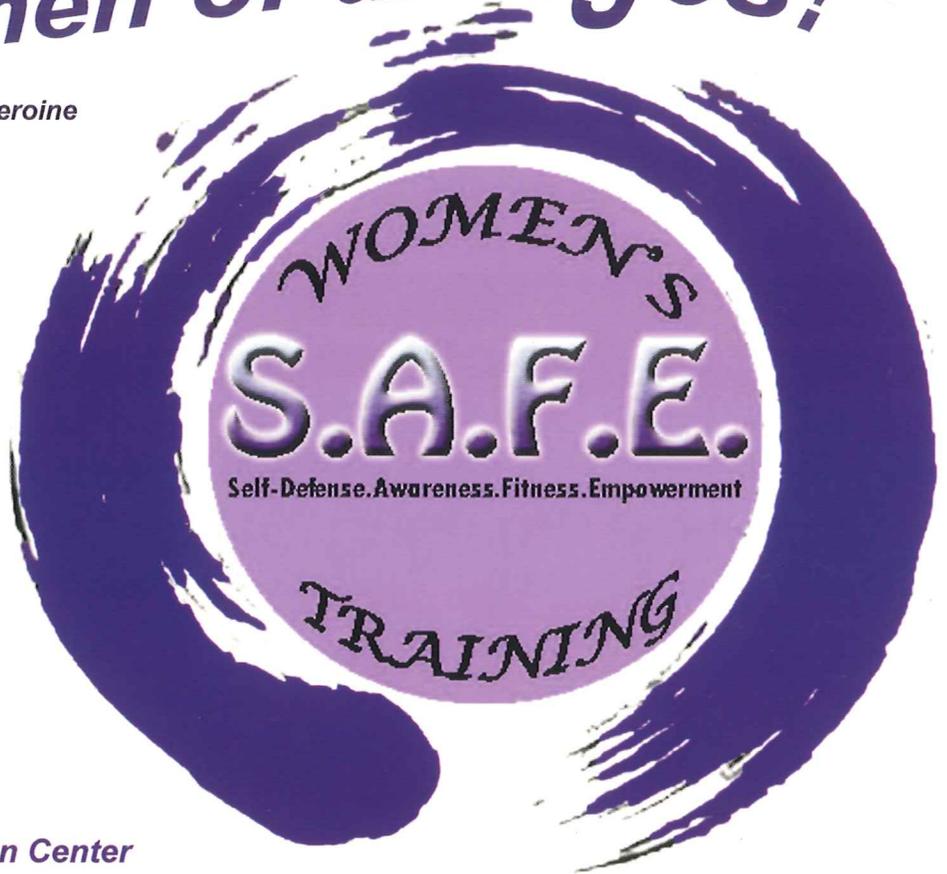
- **Pace yourself**
- **Empower yourself**
- **Know yourself**

Combine fitness with personal safety.

No prior experience needed.

Saturdays 9:00 - 10:00

Emerald Isle Parks & Recreation Center
252-354-6350 / 252-354-7370



The centipede was happy, quite,
Until the toad in fun
Said, "Pray which leg goes after which?"
This worked his mind to such a pitch,
He lay distracted in a ditch,
Considering how to run.

Dr. Joyce Trafton

studioryukyu@hotmail.com

Don't be distracted. As we age our bodies change.



BE PROACTIVE!

Engage in activities to improve balance, focus, self-control, co-ordination, and muscle strength.



BE EMPOWERED!

Explore awareness as the first step to personal safety and self-defense as a frame of mind developed by using techniques that are effective, realistic, and practical since they were developed by a woman for women.



BE READY!

Expect positive change.

You are competing against no one but yourself.

"If you have no confidence in self, you are twice defeated in the race of life."

Marcus Garvey