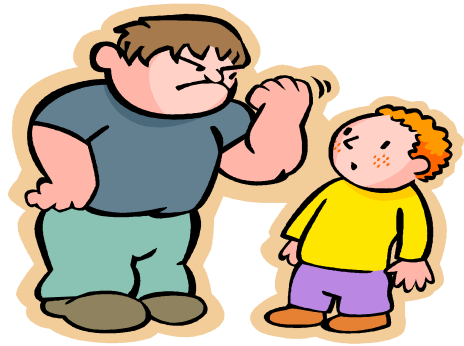


FREE October National Bullying Prevention Month Workshop



in partnership with Hyper 1 Million, an international consortium of professional martial arts organizations formed to combat bullying.



October 11, 2014

Ages 6-17

Learn how to deal with bullying and how to defend yourself if necessary.

Each person is asked to bring a nonperishable food item to be donated to the *Bladensburg Seniors against Stalking and Domestic Violence Support Group* for its October 16 free food distribution event at the Bladensburg Community Center.

TIME: 10:00 a.m. – 2:00 p.m.

LOCATION: Bladensburg Community Center
4500 57th Avenue, Bladensburg, MD 20710, tel: 301-277-2124
Refreshments will be provided.

REGISTRATION: tkdmccutch@yahoo.com
Subject Line: October 11 Bully Defense
Please provide name(s) and age(s) of child(ren).

WEBSITE: www.ramblers-tkd.org (Upcoming Events page)

FURTHER INFORMATION: Dr. Clifford L. Thomas, We Lead By Example, Inc./Tae Kwon Do Ramblers Self-Defense Systems; tel: 202-251-1030; e-mail: tkdramblers@yahoo.com

