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RICHMOND HILL BUDOKAN

And

Beyond Abilities Centre

Helping Individuals with Disabilities

**Cordially Invites You and Your Family to Our
OPEN HOUSE**



Come check out our facility!

10 Newkirk Road, Unit 7, Richmond Hill, ON L4C 5S3

Integrated Martial Arts for Physically Disabled Individuals

on Wednesdays - 6:00 to 7:00 P.M.

Come meet the instructors!



Join us for refreshments,
coffee/tea and treats

on

Wednesday September 14th, 2016

5:30 p.m. to 8:30 p.m.

This program is designed to help the individual student build the following skills:

- Self Defence
- Increase Concentration
- Confidence
- Respect
- Discipline
- Eye-Hand-Foot
- Honour
- Self Esteem
- Coordination

All while having fun through the Martial Arts

There will be an assessment lesson to determine if it is a good fit for the individual to take the classes.

Please R.S.V.P., including number attending, to BeyondAbilities@start.ca or call 905-478-2888

www.BeyondAbilitiesCentre.ca