



**Adrin Nazarian**  
 Councilmember, Second District

*Invites you to a*

**Free Self-Defense Clinic for Seniors**  
*in Collaboration with Bright Star Martial Arts*

Friday, May 30th

11 AM - 1 PM

5301 Tujunga Ave, North Hollywood, CA 91601



*You will learn*

Defensive techniques you'll remember even if you panic

Tips and tricks to help save your life

RSVP





# Adrin Nazarian

Councilmember, Second District

*Te invita a una*

## Clínica Gratuita de Defensa Personal para Personas Mayores *en Colaboración con Bright Star Martial Arts*

Viernes 30 de mayo

II AM - I PM

5301 Tujunga Ave, North Hollywood, CA 91601



*Aprenderás:*

Técnicas defensivas que  
recordarás incluso si entras  
en pánico

Consejos y trucos que  
pueden  
salvarte la vida

RSVP



AWAKEN ABILITIES. EMBRACE FITNESS.  
A program of Find You Within LLC

