

Sensei Dave Zooms to Favarh to Benefit The New Adaptive Wellness Center.

Dave LaPorte, is a third degree black belt with over 30 years of teaching experience.

He will introduce stranger safety, respect, self control, listening skills. All with fun drills teaching valuable lessons, karate skills and most importantly having fun and getting exercise.

Sensei Dave teaches ABC's of Conflict avoidance---**a**void dangerous situations, **-be** calm, ---**c**ommunicate with confidence and do not make it worse by arguing or fighting.



- When: Tuesday June 30th, Thursday, July 2nd, Tuesday July 7th, Thursday, July 9th, Tuesday July 14th
- Time: 5:00PM to 5:45PM
- How: Zoom instructions to follow

- Contribution: \$50 (which is \$10/session and all money goes as a donation to the:
Adaptive Wellness Center