

You are invited to a

# FREE SELF DEFENSE SEMINAR

We'll cover safe methods of physical conditioning, principles of effective personal defense, and provide an overview of the complete Via Potentia self defense program.

**When:** 6-9 PM on the last Friday of the month; Sep 25, Oct 30, Nov 27  
(similar content is offered each evening)

**Where:** 608 NE Hwy 99W, a couple doors east of Grocery Outlet

**What to bring:** Comfortable clothing (and a friend or family member)

**Ages:** Adults and families are welcome. The content is intended for adults and youth age 13 and up. We have a small play area available for young children (with parental supervision).

Space is limited and participants will be accepted on a first-come, first-served basis. If you'd like to reserve a space, please e-mail [director@viapotentia.org](mailto:director@viapotentia.org) with your name, the date you will attend, and the number in your party (your space will be given to another if you are not there by 6:00 PM).

Via Potentia is a modern self defense training program that emphasizes personal conditioning, responsibility, traditional ethics and conflict avoidance. We also teach CPR, First Aid and Gun Safety. If you have questions or would like to learn more, please see our web site at <http://www.viapotentia.org/>, e-mail [director@viapotentia.org](mailto:director@viapotentia.org), or call the director, Seth Murray, at 503-437-3450.