



Presents ...

FREE

Health & Wellness

Community Workshops

Instructor: Kevin Pryor

Self-Defense Boxing

Thursday July 26th 5-6pm

**@ CEO
Community
Resource Center
2328 5th Ave Troy NY**

**Adults 18+ of
all ability levels
welcome!**

**Call Carol at
518-272-6012
ext. 302 to
reserve your spot!**

