

CANE-DO!

It's an exercise class, it's a self-defense class!
Learn how to use your cane for more than stability!

Thursdays 9:30-10:30AM
starts April 5

\$5 per class paid to
instructor on day of class

**We need 10 pre-registered
for this class to be a go!**

Pre-register now in the office!

Instructor: Jim Donnelly
Certified Cane-Do Instructor

- Easy exercise with a cane.
- Become empowered! Learn gentle martial arts-based self-defense!
- Don't use a cane? Learn how to use the cane before you need one!

You don't want to meet up with "BOB" but if you do, you'll be prepared!



Bring your own cane (preferably wooden) if you have one.
Canes will be available on loan or purchase for \$45 from Instructor.
Wear loose, comfortable clothes. No open-toed shoes or finger rings.

North Oakland Senior Center
5714 Martin Luther King, Jr. Way
(510) 597-5085

