



Taekwondo Open House

June 2nd and 4th

from 6 – 8 p.m.

Oakbank Community Centre

Join us for our **Open
House** and train with us
TWO hours for FREE!

PHYSICAL AND MENTAL

BENEFITS OF TAEKWONDO

- ❖ CONFIDENCE
- ❖ FITNESS
- ❖ DISCIPLINE
- ❖ FLEXIBILITY
- ❖ FOCUS
- ❖ CO-ORDINATION
- ❖ RESPECT
- ❖ STRENGTH
- ❖ GOAL SETTING

QUESTIONS?

CALL: 204-250-6886

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WWW.UMYANGTAEKWONDO.COM