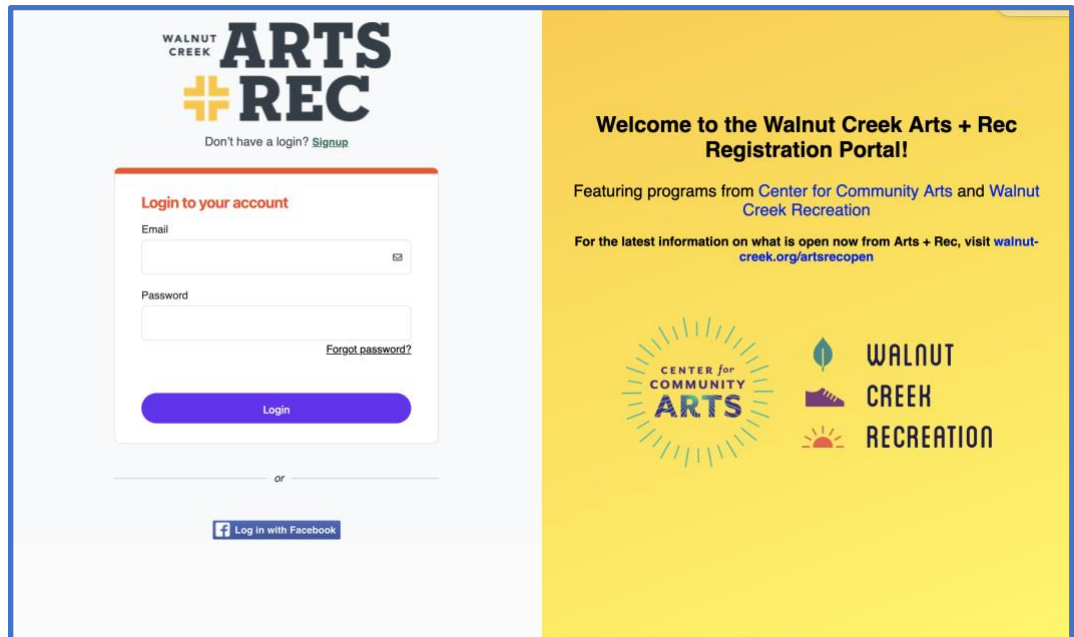


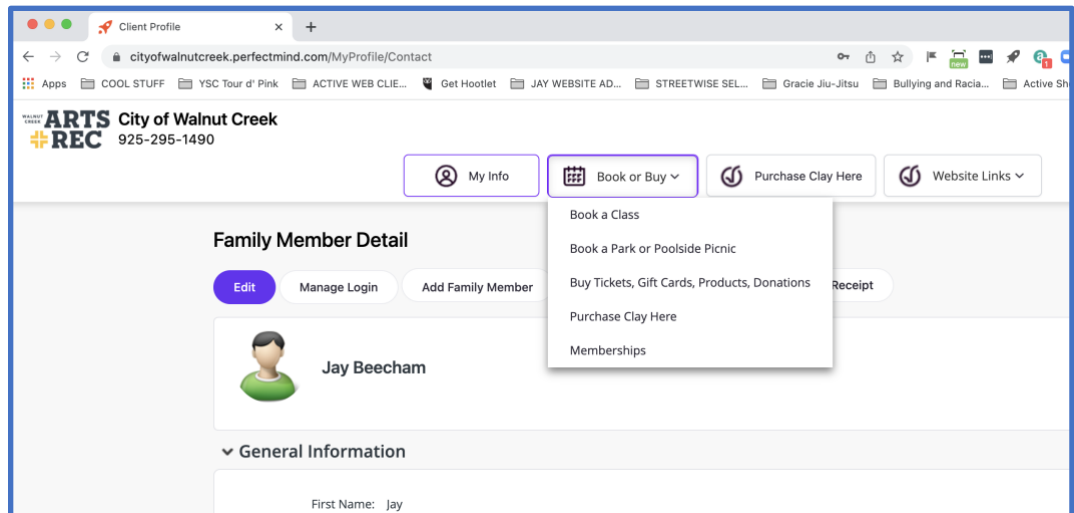
Options for Mothers wanting to take a class with their daughter(s)

If your daughter is between the ages of 12-15 years old, you are welcome to sign up for the “Mother Daughter” class I have scheduled for the 13th of June with the City of Walnut Creek Arts & Recreation Department, which is held at one of the rooms located at Civic Park.

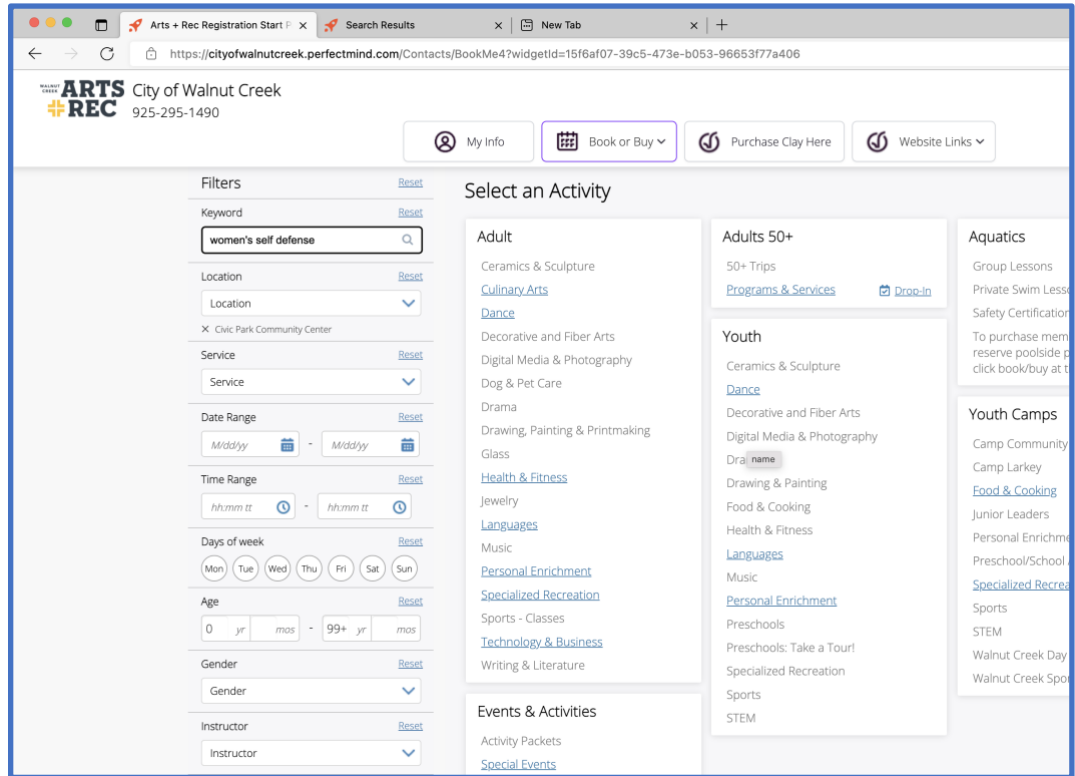
- 1.) Once you create an account at <https://cityofwalnutcreek.perfectmind.com/>



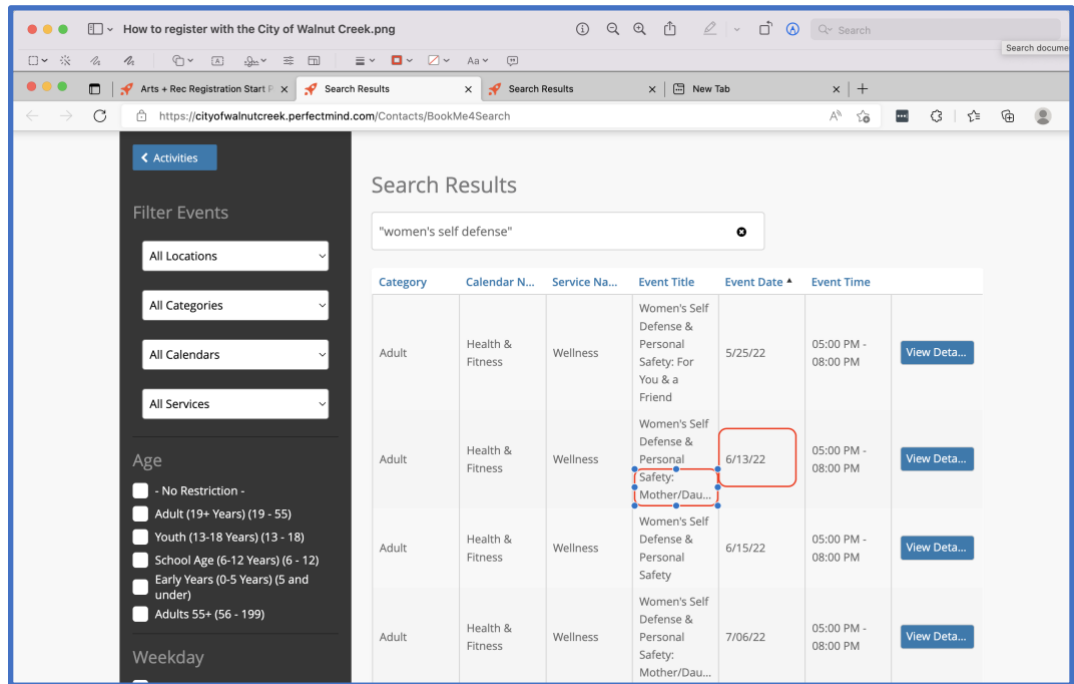
On your profile page, you should see something like this:



2.) You should type “Women’s Self Defense” in the search area on the left panel of the screen.



3.) Your results should look like this. Be careful to make sure you get the Mother-Daughter Class for the date that works for you.... The class listings are not always in chronological order.



4.) IF your daughter is older than 15, we have other options...

You are welcome to both sign up for one of the Adult and Teens 15+...

5.) IF your daughter is younger than 12, we have other options...

We could plan a private class with her friends and their mothers or with just the two of you.