



JOIN US! March 21-23



Spend the weekend training with olympian: Ana Laura Portuondo Isasi



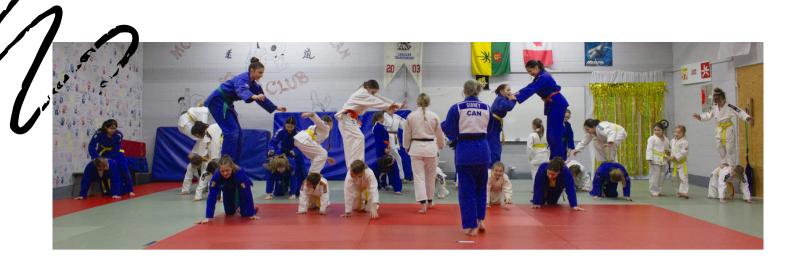
Make memories with exciting activities and new friends!

Grow

Build confidence, strength, and empowerment on and off the mat!







Join us for a weekend of judo, fun activities, and connection! Open to all ages and skill levels, this event offers exciting judo sessions, team-building activities, and the option for a fun sleepover or just join for the day! This is a no cost event. all food and activities will be covered!

Come improve your skills, make new friends, and enjoy a weekend of empowerment and fun. Don't miss out!







WHEN: March 21-23 WHERE: Masonic Building 1755 Main North, Moose Jaw S6J 1L6

WHAT TO BRING:

- judo gi(s)
- judo belt
- workout shirts/shorts for under gi
- bathing suit
- hair ties/brush
- towel
- shampoo/conditioner and other toiletries

- medications
- water bottle
- indoor sandals
- t-shirt you don't mind getting wrecked (this will be worn during our craft!)
- pillow
- sleeping bag

See schedule: bit.ly/4fZuZX2

Questions? contact Tallissa Edwards (tallissagjedwards@hotmail.com) or Dareth Woods (woodsdareth@gmail.com

