



Healing Hearts fitness and socialization programs

## Martial Arts for All

This is a Martial Arts program with a focus on your child's social emotional development. Your child will enjoy activities which focus on his or her physical development, through movements that work on motor planning, endurance, balance and coordination. These activities will be held in small groups, with an emphasis on social and emotional growth. The program will be led by Andre Woodberry, a first degree Black Belt in Tang Soo Do, Hagana, Brazilian Jujitsu and Aikido. Andre is also a trained instructor in Krav Maga and has over ten years experience working with those who do and do not have disabilities. This program consists of eight forty-five minute sessions.

- There is a fee of \$100 for each child for eight sessions.
- Registration can be done either onsite or at Breakthru Family Fitness [www.healingheartscenter.org](http://www.healingheartscenter.org)
- Classes will be on Tuesdays, Thursdays or both!
- Classes begin Jan. 10<sup>th</sup>! Join anytime as classes are ongoing!
- Ages 7-12, 4-4:45
- Ages 13-16 5-5:45

For more information  
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Siblings  
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when one signs  
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