



McMASTER

ATHLETICS & RECREATION

www.athrec.mcmaster.ca

A few spots still left in
WENDO-Self Defence for Women

Tuesday Oct. 20-Nov. 10

5:30-9:00pm

David Braley Athletic Centre

Activity Centre

Members/Students \$10

Non-Members \$15

**Register now in WG 101 or check our
website www.athrec.mcmaster.ca**

Instructional Programs

for more information.