



www.run2befit.com
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Arnie & Grace Martinez

Presents...

Charity Fit Camp

Saturday, February 23, 2013 at 8:30am

Everett Boys & Girls Club (2316 12th Street, Everett)

Self-defense & combat-style camp is FREE. *Please bring cash donations to support the Boys & Girls Club of Snohomish County.*



Personal Protection Demo After Workout!

Damsel in Defense is about equipping women with the tools to not only keep them safe but also to give them the confidence to know that they have a way out if they ever feel threatened. We are very excited about our affordable and adorable line of products. Whether you are at home or traveling, running or celebrating downtown with the girls, Damsel in Defense has the products and fact-based education that can and does save lives.



All proceeds from the fit camp benefit the Everett Boys & Girls Club.

Over the years we have been the home to many amazing children who have grown to be productive, caring, responsible adults. Our goal is to continue this tradition of making a difference in our community.. We offer many sports, educational programs, recreational games, and teen programs for members ages 5-18.