



**FINDING YOUR WARRIOR WITHIN:  
SELF DEFENSE AND ART THERAPY  
WORKSHOP**

**PRESENTED BY DIANNE PAPES, ART THERAPIST  
AND PROFESSOR MICAH BENDER**

**DATE: SATURDAY AUGUST 12, 2017 9AM-1PM**

**3610 W. MARKET STREET, SUITE 102 FAIRLAWN OH 44313**

**FEE: \$200.00 TOTAL FOR MOTHER AND DAUGHTER**

THIS COURSE IS FOR MOTHERS AND THEIR TEENAGE OR COLLEGE AGE DAUGHTERS. THE COURSE WILL TEACH BOTH MOTHERS AND DAUGHTERS SELF-CARE, SELF-DEFENSE, AND SELF-ESTEEM. MICAH BENDER IS A SELF-DEFENSE INSTRUCTOR FROM YOUNGSTOWN AND DIANNE PAPES IS AN ART THERAPIST WHO WORKS WITH WOMEN OF ALL AGES TO FIND THEIR HEALTHY VOICE. WEAR COMFORTABLE CLOTHING AND BRING YOUR INNER WARRIOR WITH YOU.

LUNCH WILL BE PROVIDED.



**The Hull Institute, LLC**  
lifestyle management

FOR MORE INFORMATION CONTACT: ANN HULL @ 216-407-6278

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