

Learn **CANE-DO**SM From **Master Anne Radke**

Use Umbrellas, Canes, Walkers, Wheelchairs
& common items to defend yourself!

Learn the 3 "A"s _____
~ Awareness ~ Assessment ~ Action

*Use your mind and Body to take
control of your safety. Lower your
stress in a relaxed safe atmosphere
to manage aggressive situations*

Call Master Anne at **566-4544**
or **514-4334** to schedule a seminar
for your group or organization

Your Instructor

Master Anne Radke

5th Degree Master Martial Arts Instructor

President of the UPKUDO

International Karate Federation

Executive Director of A Better Body.US

Inducted in 7 Different Martial Arts

World Hall of Fames

AMFPT Master Personal Trainer

Certified Sports Nutritionist

Certified Youth Fitness Instructor

For more information or schedule seminar
contact: mastertrainer@abetterbody.us



**All Seniors &
Persons
with Disabilities
receive a discounted
seminar fee**

Contact mastertrainer@abetterbody.us or
masteranne@upkudo.com ~ www.upkudo.com