

# A Better Body

## UPKUDO Karate Classes



*Sponsor a Child!*

**\$35 MONTH**

- \*Helps bully-proof children
- \*Sharpens Focus
- \*Increases Discipline
- \*Teaches Control & Respect For Themselves & Others
- \*Teaches Personal Safety
- \*Combats Obesity
- \*Positive Behavior Intervention
- \*Helps them Achieve Goals
- \*Learn from Loving Skilled Instructors
- \*Classes are Fun and Professional
- \*Helps Children make Right Choices
- \*Develops Proper Attitude
- \*Learn what Teamwork and Skill of UPKUDO Karate is all about

Held At A Better Body  
Personal Development Center  
1412 FL GA Highway  
[www.abetterbody.us](http://www.abetterbody.us)  
**FACEBOOK:**  
(Anne Radke) A Better Body

***A Better Body***

***Improving Ability & Performance***

Facebook/ABB4Me

[www.abetterbody.us](http://www.abetterbody.us) ~ 514-4335

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For More Information*