



UHS Selfie Program Presents

Nicole Sundine

"Feeling confident in your ability to protect yourself empowers you to live with less fear and more freedom."

Refreshments Will Be
Served

2 Sessions!
January
11 & 18

2:35 PM

**Self Defense with
Boxing Coach Tom
Himmelberg
& Sensei Anthony
Buscemi**

*The Little
Theater*

Join our Remind-
text @uhselfie to the number 81010