

# Special Free Cane-Fu Workshop for Veterans



- ❑ June 11<sup>th</sup>, 2022, at 1000 hours-1300 hours
- ❑ Powhatan War Memorial Building 2375 Skaggs Rd, Powhatan, VA 23139
- ❑ Open to ALL Veterans; even if you do not use a cane. Prosthetics, wheelchairs, walkers are all welcome.
- ❑ You **MUST** Pre-Register  
Email: [info@caneloyalty.com](mailto:info@caneloyalty.com) or call my cell (Tom) 203-788-8466.
- ❑ We can only take 25 Veterans - please register early to assure your spot.



This is a hands-on workshop. Each Veteran will receive a free training cane, two hours of instruction and lunch provided by Mission BBQ. **MUST BE PRE-REGISTERED!**



**Tom Ashmore** is a Certified Cane-Fu instructor as well as a Disabled Veteran from the Vietnam War. He has over 40+ years experience training Military personnel and Emergency Service Providers. **MUST BE PRE-REGISTERED**



This workshop goes far beyond just teaching strength, flexibility, balance and defense. It helps improve mental focus, confidence and well-being..

Limited to 25 Veterans

