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FOR IMMEDIATE RELEASE
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TAE KWON DO REGISTRATION OPEN AT WELLNESS CENTER

WEST POINT, Miss.—Registration is now open for George Brown's Tae Kwon Do classes at the NMMC-West Point Wellness Center for ages 6-15.

The spring class runs from Jan. 6-May 26, and classes meet from 3:25-4:25 p.m. every Thursday. Class fee is \$35 per month (bank drafted), with a \$5 discount per child available for siblings. Private lessons are also available.

Tae Kwon Do is a Korean form of fighting that embraces kicking, punching, jumping, blocking, dodging and parrying. The art of kicking and punching, Tae Kwon Do is excellent for exercise and also teaches self-defense and self-control while increasing flexibility and self-confidence. Tae Kwon Do is known for having the best kicks of all the martial arts.

Each student will need to purchase a Gi, hand pads and foot pads. Equipment orders will be taken the first day of class.

To register or for more information, call (662) 495-WELL(9355) or 1-800-THE DESK (1-800-843-3375), or stop by the NMMC-West Point Wellness Center at 851 Medical Center Circle.