

VETERANS AND ACTIVE MILITARY



This is now your mission.

- Who:** Exclusively for veterans and active military. Women and men are welcome. No experience necessary. No cost. No RSVP needed – just show up.
- What:** MMA-style fitness, yoga and fitness up to 3x a week as a team
- Where:** Und1sputed Downtown: 320 16th Street, SD, CA 92101
- When:** Tuesdays and Thursdays @ 2000/8 p.m., Saturdays @ 1130 a.m.
- Why:** Gain technical and tactical knowledge of combat sports, whip yourself into shape, build camaraderie, connect with veterans and active military and build a peer-support network that will last a lifetime.
- *New*:** Spouses/partners may participate in the P.O.W. program when accompanied by a veteran or active member of the U.S. Armed Forces.

P.O.W. is actively improving the mental, physical and emotional well-being of veterans and active military through MMA-style fitness, yoga and peer-to-peer support. While the physical condition and abilities of program participants varies widely—ranging from those with physical challenges to those at the peak of fitness—the program is suitable and adaptable to everyone.

P.O.W. is a 501(c)3 nonprofit organization EIN # 90-0806005

Office Phone/Direct: (858) 449-9045 Email: calivance619@yahoo.com Website: www.powdsd.org

Facebook: <https://www.facebook.com/POWTactics> and www.facebook.com/pugilistic.vance

P.O.W. Mailing Address: 4072 ½ Hamilton St, San Diego, CA 92104

All classes are held at Und1sputed: 320 16th St, San Diego, CA 92101 Gym Phone: (619) 450-6999