

# Vovinam Viet Vo Dao - Potomac



*We are now offering classes  
Vovinam Martial Arts for Kids and Adults!*


## *Adult class for Vietnamese Tai Chi*



Benefits:

- Enhances mind-body harmony
- Improves internal energy level
- Improves muscle strength & endurance
- Reduces body stress

## Martial Arts for Kids

- 
- Positive Attitudes
  - Develop Leadership skills
  - Develop Self-Discipline
  - Better Focus & Respect for Others
  - Increases Flexibility & Self-Defense Skills

**Presented by Choose Healthy Life and  
Colesville United Methodist Church**

52 Randolph Rd, Silver Spring, MD 20904

Every Tue & Thu

6:00 pm - 7:00 pm / 7:00 pm - 8:00 pm

Call/text: 301- 683- 8887

Email: [VovinamPotomac@gmail.com](mailto:VovinamPotomac@gmail.com)