

POPAT - Training

2012 Sessions

SIAST Woodland Campus

Session # 1

January 10-February 21

Session #2

March 1-April 12

Tuesdays and Thursdays

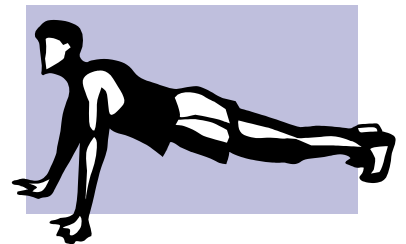
7:00pm to 8:00pm

\$125/person per session

❖ Learn proper technique and improve your chance of success.



**Call Lisa Davis
at 765-1514 to register.**



**A challenging training program to decrease anxiety
& increase confidence in running the POPAT.**