



Stouffville Shop Talk

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info@yorkdance.com

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From STOUFFVILLE MARTIAL ARTS blog

MMA Training

MMA (mixed martial arts) has been taking the world by storm throughout the last decade and its popularity is still very much on the rise. Fans are understandably drawn to the spectacle of dazzling agility, raw power, inspiring heart, and cunning strategy, where anything can happen in a matter of milliseconds. They also respect the well-rounded approach fighters employ, an admiration directly related to the declining interest in more one-dimensional sports like boxing.

Blog entry continued on www.stouffvilleshoptalk.com

From the MOLLER INSURANCE blog

What climate change means for you and your home

As fears of climate change and global warming dominate the news, it can be difficult to escape the sense of impending doom. Whether you take these signs seriously or with a grain of salt, there is evidence of increasingly unsettled, unpredictable, and unfriendly weather - and insurance providers are taking notice. Homes and properties can be lightning rods for such events - literally. Now might be a good time to re-examine your insurance coverage.

Blog entry continued on www.stouffvilleshoptalk.com

It is better to know self-defense and not need it, than to need self-defense and not know it. Make sure you have the tools to stay SAFE! FREE 8 Week Self-Defense Course for Women

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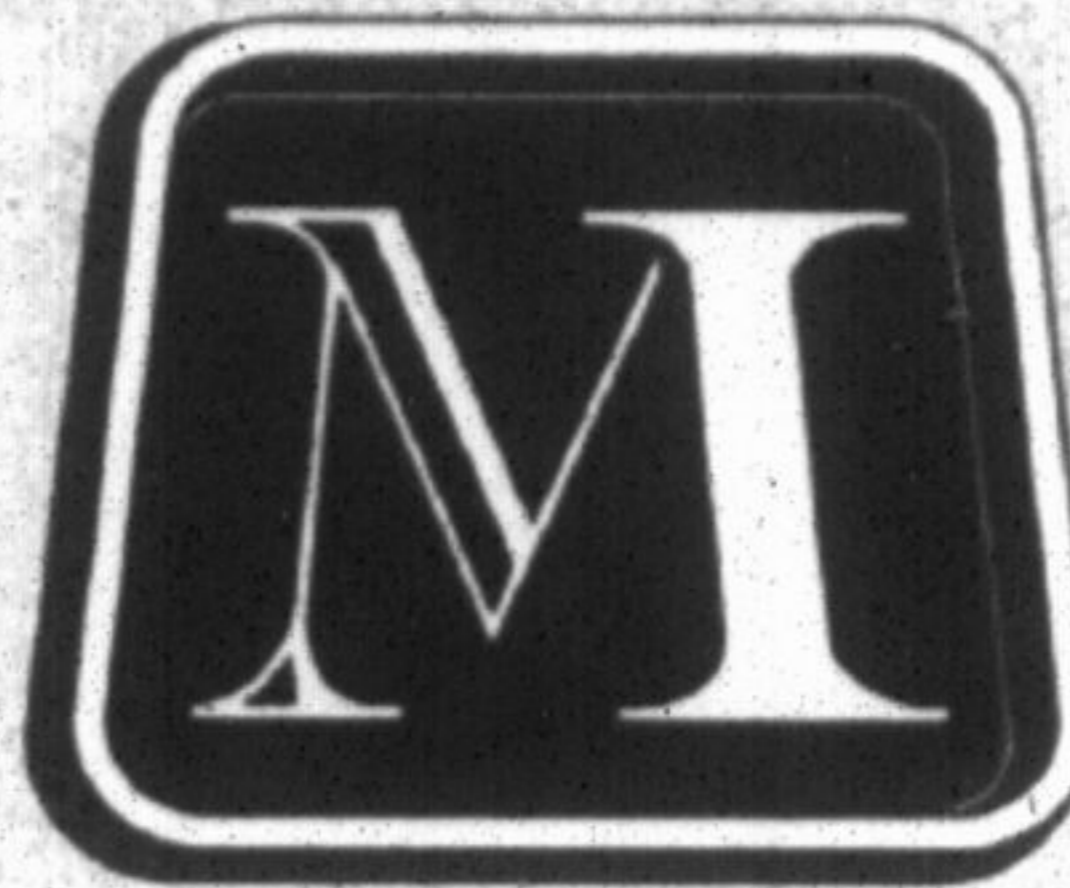
- INTEGRITY
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- SELF-CONTROL

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STOUFFVILLE MARTIAL ARTS ACADEMY

61 Ringwood Dr., Unit 3, Stouffville
(905) 640-7474 www.teamsmaa.com



MOLLER INSURANCE

905-642-2745

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