

A photograph of a man in a black t-shirt practicing a self-defense technique on a woman with blonde hair. The man is holding the woman's arm, and she is looking back over her shoulder. The background is a blurred indoor setting.

WOMEN'S SELF-DEFENSE

JULY 8TH 2:00PM

BENEFITS OF SELF-DEFENSE

- ✓ Vigilance
- ✓ Preparation
- ✓ Empowerment
- ✓ Good Instincts
- ✓ Freedom

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SPOT TODAY**

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