

# WOMEN

## empowered self-defense

learn practical self-defense  
skills that are safe, effective  
& FUN!

**Date: Sat, Sept. 30**  
**Time: 1:30 - 2:30pm**

**\$20 suggested donation**

\*All monies donated to the Awesome Audrey Lorenz Fundraiser to help 7 year old  
Audrey fight a serious illness.

SPACES LIMITED. REGISTER TODAY!

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