

WOMEN SELF-DEFENSE

Call 781-363-6715 to book your spot!

**SIGN UP TODAY FOR OUR
WOMEN'S SELF DEFENSE
CLASS.**

- **Defend Yourself**
- **Prevent Situations**
- **Take Control**
- **And more**



Education and Awareness are two of the best prevention tools women have against becoming a victim of violent crime or assault. Come learn how to reduce the risk of becoming a victim by learning defensive tactical maneuvers.



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