

# **SELF DEFENSE for Women**

**FREE Class!**

**SUNDAY, OCTOBER 23RD**

**2:00-4:00pm**

**Harbor Fitness Park Slope**

**191 15th Street**

**sponsored by**



**Brooklyn's Gym**

**Learn verbal and  
physical strategies  
to prevent  
sexual assault.**

**For more info and to  
RSVP call**

**(718) 965-6200**

**or email**

**[jodih@harborfitness.com](mailto:jodih@harborfitness.com)**

**visit us at:**

**[harborfitness.com](http://harborfitness.com)**



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ANTI-VIOLENCE  
EDUCATION**