



ASSEMBLY MEMBER

Jacqui Irwin

DISTRICT 44

PRESENTS

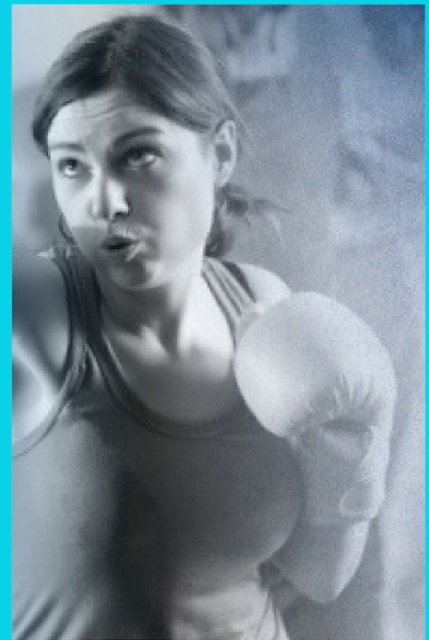
EMPOWER + PROTECT

A SELF - DEFENSE
WORKSHOP FOR
WOMEN

DECEMBER 13 | 6-8PM

LEARN TIPS AND
TOOLS ON HOW TO
EMPOWER AND
PROTECT YOURSELF
THROUGH
PREVENTION AND
BASIC SELF
DEFENSE
TECHNIQUES

PLEASE CALL (805) 482-1904 TO RSVP



LOCATION:

SPORTS ACADEMY HQ
1011 RANCHO CONEJO
BLVD, NEWBURY PARK,
CA 91320

IN COLLABORATION WITH:



SPORTS ACADEMY
FOUNDATION



SPECIAL PRESENTATION BY
VCSO UNDERSHERIFF
MONICA MCGRATH