

SELF DEFENSE // EMPOWERMENT

NOV 10, 17 & 24 4:30-6:00 PM

PHYSICAL SELF-DEFENSE STRATEGIES

AWARENESS & BOUNDARY SETTING

BYSTANDER INTERVENTION

VERBAL ASSERTIVENESS

REGISTER FOR ONE OR ALL: [HTTPS://RECSERVICES.UP.EDU/](https://recservices.up.edu/)

FOR ADA ACCOMMODATIONS, CONTACT KAITLIN BOURNE (BOURNE@UP.EDU)

**NEW
CLASS!**

BEAU REC, STUDIO 20