

WE BELIEVE

THAT NO ONE IS DESERVING
of sexual assault.

NO ONE.



SAFETY & EMPOWERMENT SKILLS FOR WOMEN AND GIRLS

Hosted by Reflective Wellness

Saturdays October 13, 20, 27, 2018

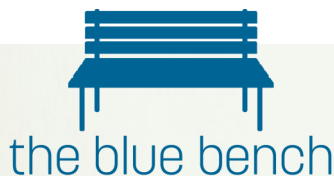
9AM–1PM

13731 E Rice Pl #200
Aurora, CO 80015

**Participants should plan to attend all sessions; content builds over course*

Gain confidence and realize your personal strength regardless of age or size.

- This class shares techniques designed for the unique strengths of female bodies.
- Equal time will be spent on teaching effective verbal and physical self-protection techniques, including releases and ground fighting techniques*
- Experienced instructors are trained in self-defense skills proven to work well for women.
- The Blue Bench believes in empowering those who want to learn and practice self-protection techniques with the opportunity to do so in a safe space. Sexual assault is never the fault of the victim – it is only the fault of the perpetrator who makes the choice to assault another person.
- Suggested Donation Amount for course: \$30



Putting an end to sexual assault through prevention and care.

Formerly known as RAAP

For more information, contact Caroline at The Blue Bench
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And/or

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