

**FREE**

# Women's SELF-DEFENSE WORKSHOP



**Wednesday**

**OCTOBER 17<sup>TH</sup>  
7:30PM - 9:30PM**

**Norfolk  
Karate Academy  
814 W. 45<sup>TH</sup> Street  
Norfolk, VA 23508**



**Students will learn easy self-defense techniques that can be used to help escape a potentially dangerous situation. Please RSVP by October 16th to [womenctr@odu.edu](mailto:womenctr@odu.edu) in order to participate.**



**WOMEN'S CENTER**  
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<http://www.odu.edu/womenscenter>



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