

FREE

Women's SELF-DEFENSE WORKSHOP



Saturday

OCTOBER 19TH

1:00 P.M. - 3:00 P.M.

**Norfolk
Karate Academy
814 W. 45TH 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 18th to womenctr@odu.edu in order to participate.

WOMEN'S CENTER

Division of Student Engagement
and Enrollment Services

1000 Webb Center
757.683.4109

womenctr@odu.edu

<http://www.odu.edu/womenscenter>



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