

FREE

Women's SELF-DEFENSE WORKSHOP



Saturday

NOVEMBER 10TH

1:00PM - 3:00PM

**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 November 9th to womenctr@odu.edu in order to participate.



WOMEN'S CENTER
1000 Webb Center
757.683.4109
womenctr@odu.edu
<http://www.odu.edu/womenscenter>



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IDEA FUSION