

## FREE SELF DEFENSE CLASS

## The Glades Initiative hosts End Rape Culture's self-defense class

Join us for a free Jiu-Jitsu and Kenpo-based self-defense class. This program provides the lesson "finesse over force" to enable even the weakest students to disorient a stronger assailant. Classes will consist of two sessions provided by a qualified instructor. Participants are expected to dress in athletic wear. RSVP to save your spot!

WHEN: Tuesday, Nov 27 & Friday, Nov 30, 2018

10:00 a.m. – 12:00 p.m.

**WHERE:** The Glades Initiative

141 SE Avenue C

Belle Glade, FL 33430

PHONE: 561-996-3310

**RSVP:** Call or email Jose at jzaragoza@gladesinitiative.org