

Student Life, the Office of Student Inclusion and Belonging, and the Women's Center & LGBTQ+ Programs present:

EMPOWERMENT SELF DEFENSE

Friday, February 23
3:00 pm or 6:30 pm

You'll learn:

- *Physical self-defense techniques*
- *Awareness and prevention*
- *Boundary setting and assertiveness*

For more information, contact
womenscenter@gcsu.edu



Register soon - spots are limited!

Sign up here: <https://bit.ly/DefendYourself223>