

STRIKE IT STRONG

A SAFETY WORKSHOP & FUNDRAISER FOR WOMEN

REGISTER



WHAT: A safety workshop that will help women stay safe and feel empowered. Exclusively for women, this event provides a supportive environment for learning self-defense basics. Take that first step - and bring a friend!

- Build Confidence: Get empowered through self-defense
- Supportive Space: A safe learning space for women 14+
- Expert Instruction

WHO: Moms/Daughters/BFFs/Friends/Family

WHEN: Sunday, Sept 28 • 1-2:30pm

WHERE: Cherry Hill Health & Racquet Club • 1820 Old Cuthbert Rd
Cherry Hill NJ

FEE: \$25 per person



Instructed by
Paul Cybularz, owner of
LUDUS Academy
of Martial Arts



StrikeltStrong.org

