

Women's Self-Defense Classes

Fall 2016

Offered Free on Campus!

September 20,22,27,29	Tuesdays/Thursdays	7-10 pm
October 17,19,24,26	Monday/Wednesday	7-10 pm



beautiful
worthy
dignified
empowered
wise
ambitious
self-reliant
balanced
aware
prepared
fearless
powerful
strong
proud

Interested in signing up? Contact us at RAD@CNU.EDU or
757-594-7253

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