

**Self Defense**

Provides practical awareness tips, de-escalation tactics, ground attack defenses and more!

**(Day of the Week) @ (Time of Class)**

(Start Date) - (End Date) / location

**Register at** [**on.nyc.gov/worksitefitness**](https://on.nyc.gov/worksitefitness)

**to reserve your spot!**

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Please email **insert contact info here** to reserve your spot in the class.