



FREE Women's Self-Defense Class!

Get in Shape, Build Self-Confidence and
Learn Vital Protection Skills

Second and Fourth Sunday of Every Month
3-4:30pm

At The Harry and Jeanette Weinberg Family Center Y
at Stadium Place
900 E. 33rd Street, Baltimore MD 21218

To Register Call TurnAround: 410-377-8111

All Women Welcome!
Survivors of Violence Especially Encouraged to Attend

Sponsored By:
TurnAround, Inc and the Y of Central Maryland



It's deeper here.®