



Free Self-Defense Classes!

Ladies, learn to protect yourselves under the guidance of a self-defense expert

Dates and Locations

4/22: 7-8:30 PM—Central City Neighborhood Partners

501 South Bixel Street
Los Angeles, 90017

4/24: 7-8:30 PM—Constituent Services Center

8475 South Vermont Ave.
Los Angeles, 90044

4/29: 7-8:30 PM—East Los Angeles

2130 E. 1st Street
Los Angeles, 90033

5/3: 9-11 AM—The Guadalupe Community Center

21600 Hart Street
Canoga Park, 91303

Sponsored by the Los Angeles City Commission on the Status of Women for Sexual Assault Awareness Month

For more information and to RSVP, please contact Rayshell Chambers at (213) 978-0300.