

# WE BELIEVE

THAT NO ONE IS DESERVING  
of sexual assault.

# NO ONE.



## SAFETY & EMPOWERMENT SKILLS FOR WOMEN AND GIRLS

Hosted by Reflective Wellness

Saturdays April 13 and 20, 2019

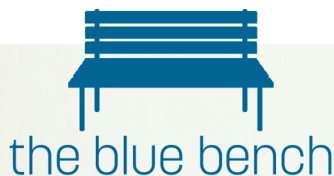
10AM—1PM

13731 E Rice Pl #200  
Aurora, CO 80015

*\*Participants should plan to attend all sessions; content builds over course*

Gain confidence and realize your personal strength regardless of age or size.

- This class shares techniques designed for the unique strengths of female bodies.
- Equal time will be spent on teaching effective verbal and physical self-protection techniques, including hand strikes and releases.
- Experienced instructors are trained in self-defense skills proven to work well for women.
- The Blue Bench believes in empowering those who want to learn and practice self-protection techniques with the opportunity to do so in a safe space. Sexual assault is never the fault of the victim – it is only the fault of the perpetrator who makes the choice to assault another person.
- Suggested Donation Amount for course: \$15



Putting an end to sexual assault through prevention and care.

*Formerly known as RAAP*

For more information, contact Caroline at The Blue Bench  
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*And/or*

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