

JEN
HAGANDER-LUANAVA

SELF

DEFENSE

@ INZPIRE

AGES 14 +

SUNDAY
OCT 20

TIME ON
RSVP

WE ARE SO EXCITED TO HAVE OUR VERY OWN JEN TEACH A SELF DEFENSE CLASS IN HONOR OF "DAY OF UNITY" AKA NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH. JEN HAS BEEN PRACTICING HAPKIDO FOR 13 YEARS AND IS A 2ND DEGREE BLACK BELT. IN THIS 2.5 HOUR HANDS ON CLASS, YOU WILL LEARN TECHNIQUES TO IDENTIFY AND RESPOND TO THREATS. WE WILL BE ACCEPTING DONATIONS FOR NEW BEGINNINGS A LOCAL DOMESTIC VIOLENCE AWARENESS ORGANIZATION.