

The City of Santa Cruz City Council,
the Commission for the Prevention of Violence Against Women (CPVAW)
And the Downtown Association
Presents:

FREE
Self-Defense Intro Classes for Women

Thursday, August 2 2012
At the
Prophet Elias Greek Orthodox Church
223 Church St. Santa Cruz

Sign up for one session
Session 1: 2:30~4:30 pm
or
Session 2: 5:30~7:30 pm
Each session is limited to 30 students



This intro class will address
the power of the voice, assertiveness,
and other self-defense techniques!

*"These classes exceeded my expectations. I
feel empowered and prepared.
I feel stronger emotionally and physically!"*

*"My confidence was increased considerably
by taking this course. I feel that is one of the
most valuable things I got from these classes."*
Student's Comments 2012

Register by calling CPVAW at 420-5363 or emailing to cpvaw@cityofsantacruz.com

For more information or to arrange a self-defense workshop for your school or group,
please contact the CPVAW office.

Fall Class Schedule at www.cityofsantacruz.com/cpvaw
CPVAW • 809 Center Street Room 10 • Santa Cruz, CA • 95060