

NW Women's Advocacy Committee



# Self defense training

Saturday, Oct. 6 - 10 a.m.

**SPEEA Everett**

Saturday, Oct. 13 - 10 a.m.

**SPEEA Tukwila**

Sign up - [speea@speea.org](mailto:speea@speea.org)

**Space is limited**

Children must be at least 14 years old and accompanied by an adult/guardian

Bulletin Board Number

#18-103 Puget Sound



October

••• Bulletin Board Notice •••

Approved for posting on SPEEA Bulletin Boards