

FREE
Self-defense
SEMINAR

Intro to self defense
Saturday, Oct. 4,
2 to 4 p.m.

SPEEA Everett

Advanced self defense*
Saturday, Nov. 8,
2 to 5 p.m.

SPEEA Tukwila

RSVP – meetings@speea.org
In-person only



** Must have already taken the basic/
intro self-defense class provided by
SPEEA in the past years*