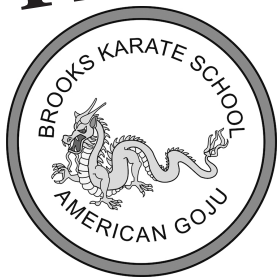


# FREE



## Self-Defense Skills Program

For Girls and Women  
Ages 12 and Up

*Presented by Larry Brooks, Certified Instructor*

**Saturday, August 19, 1 PM – 2 PM**

Richfield Springs Community Center  
6 Ann Street

**Larry Brooks and his staff will demonstrate:**  
*Situational Awareness • Self-protection • Self-defense*

**Classes are interactive and limited to a  
maximum of 20 participants**

*~Free healthy snacks will be provided~*

**For more information or to sign up contact:**

**Carla Eckler, Program Coordinator**

**315-858-1451; [carla@richfieldzone.org](mailto:carla@richfieldzone.org)**

This special Community Center program is funded by the  
Community Foundation for South Central New York--Women's Fund 2022