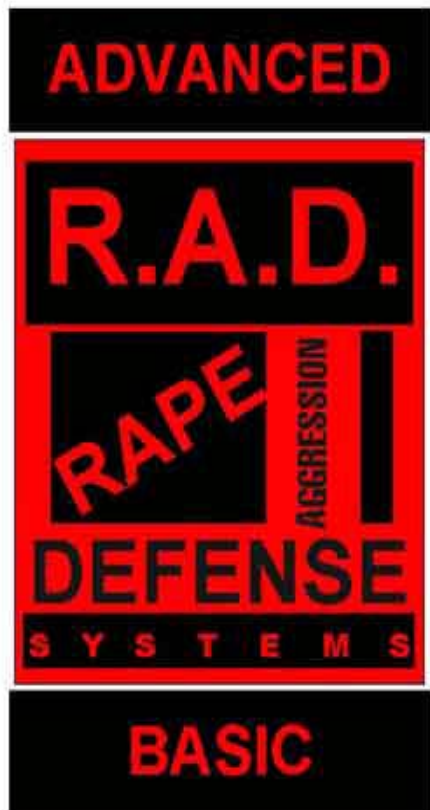


# Free Women's Self-Defense Classes 2013



Women's Class, January 17<sup>th</sup>-19<sup>th</sup>  
Women's/Teen Class, June 20<sup>th</sup>-22<sup>nd</sup>  
Women's Class, August 15<sup>th</sup>-17<sup>th</sup>  
All R&F 6:00-8:00 p.m., Sat: 10:00- a.m.-3:30 p.m.

Lexington Park Baptist Church  
46855 South Shangri-La Drive  
Lexington Park, MD 20653  
301-862-2552  
E-mail: [office@LPBCOnline.org](mailto:office@LPBCOnline.org)

Minimum age requirement for some classes  
Parental consent required  
Registration required  
Forms available at the church office  
Sponsored free of charge by:  
Women's Ministry of LPBC

Class location: Fellowship Hall



*Keeping Yourself Safe-  
R.A.D. Systems*

Increase your awareness  
Learn risk reduction and avoidance  
Basic physical defense training  
Certified female instructor  
Course manual provided  
Snacks provided