

# Saturday

# Self Defense class

- **Effective Techniques**
- **Safe Environment**
- **Improved Self Esteem**



**Date/Time: 7/17/2021 @ 1pm & 3pm**

**Location: Gracie Barra Brazilian Jujitsu**

**990 Klamath Ln. Bldg. D, Ste. 27 & 28 Yuba City, CA 95993**



July is sexual assault awareness month & Casa de Esperanza has partnered with Gracie Barra Brazilian Jujitsu to host a free self-defense class on Saturday, July 17th. This class is available to women & girls ages 12 & older. Space is limited so please make a reservation as soon as possible.

Please visit Casa de Esperanza – NorCal on Facebook for the link to register, or contact Amie @ (530)674-5400