

WOMEN EMPOWERED

FREE SELF-DEFENCE SEMINAR

SATURDAY, MARCH 4, 2023

11:30am – 1:00pm

No Experience Necessary



SURVIVAL



COST

Participation is totally free, but you must sign up in advance to save your spot!

FITNESS



LOCATION

Gracie Jiu-Jitsu Salt Lake City
2120 S 700 E #B
Salt Lake City, Utah 84106

EMPOWERMENT



DETAILS

No experience necessary.
Open to ages 13 and up.
Wear comfortable workout attire.

RESERVE YOUR SPOT TODAY!
www.GracieSaltLake.com/Events

