WOMEN'S SELF-DEFENSE WORKSHOP

Join Assemblymember Dr. Bill Quirk, PhD at a FREE

California State University East Bay
New University Union, Oakland/Concord Room UU-2002AB
25800 Carlos Bee Blvd
Hayward, CA 94542

Come learn about self-defense techniques from a certified self-defense instructor, hear from local law enforcement, get resources if you or someone you know has been a victim of sexual assault, and hear about the work being done in Sacramento to prevent sexual assault.

You're invited to come learn about safety, how to protect yourself, and discuss legislative issues.

RSVP/INFO (510) 583-8818 | asmdc.org/ck