

# **Free Women's Self-defense Class**

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**WNY MMA & Fitness wants to help the community!**

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**12:00-2:00PM  
FIRST SUNDAY OF THE MONTH**

WNY MMA & Fitness  
255 Great Arrow Ave. #114, Buffalo  
Questions? Call: 716-898-8924

**Free for all women  
NO EXPERIENCE NECESSARY  
Brazilian Jiu-Jitsu based self-defense**

Let us help you feel confident and prepared  
for a variety of self-defense situations.

**No Pre-Registration Necessary**  
(But you can RSVP on Facebook to help us gauge attendance!)