

Free Women's Self-defense Class

WNY MMA & Fitness wants to help the community!

**12:00-2:00PM
SECOND SUNDAY EVERY 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!)