



EMPOWERMENT DAY AT THE RIDGEWOOD YMCA

SPONSORED BY GIRL SCOUT TROOP 94192

May 11th • 2:00 & 3:30PM • Meads Hall • Ages 13+

Learn basic self-defense

Did you know among undergraduate students, 23.1% of females and 5.4% of males experience rape or sexual assault through physical force, violence, or incapacitation

Girl Scout Troop 94192 will sponsor self-defense for those students going away for college and all who are interested.

Krav Maga (pronounced "krahv mahGAH") is an effective, modern, and dynamic self-defense and fighting system. You will learn how to defend yourself and your loved ones, while gaining increased awareness and instinctive reflexes.

Suggested donation of \$10. Proceeds will support GS Troop 94192's efforts to promote safety and empowerment.



To sign up please visit our website www.ridgewoodymca.org