

KRAV MAGA WOMEN'S EMPOWERMENT TRAINING SEMINAR

SATURDAY EVENING | NOVEMBER 16 | 6:30-9:30PM

WISCONSIN PLACE COMMUNITY CENTER | 5311 FRIENDSHIP BLVD, CHEVY CHASE, MD 20815

WOMEN'S PERSONAL SAFETY IS AN IMPORTANT CONVERSATION THAT DESERVES SPACE.
WE ARE THRILLED TO BRING THIS TRAINING TO YOU.

BUILT FOR WOMEN. TAUGHT BY WOMEN.

LET'S FEEL STRONG, CONFIDENT, POWERFUL.

IN PARTNERSHIP WITH JEWISH COALITION AGAINST DOMESTIC VIOLENCE (JCADA)

JOIN SVIVAH'S POWERFUL COMMUNITY OF WOMEN* FOR A KRAV MAGA TRAINING SEMINAR
TAUGHT BY THE PROFESSIONAL TEAM OF KRAV MAGA MARYLAND
FEATURING PRACTICAL, EASY-TO-LEARN PERSONAL SAFETY TECHNIQUES AND STRATEGIES.
NO EXPERIENCE REQUIRED; APPROPRIATE FOR ALL FITNESS LEVELS. FOR WOMEN* 14+

WE'VE GOT YOU. YOU'VE GOT THIS.

OFFERING TWO CONCURRENT TRAININGS: ONE FOR HIGH SCHOOL STUDENTS AND ONE FOR 18+.
HIGH SCHOOL STUDENT TRAINING INCLUDES A BRIEF HIGHLIGHT SESSION
OF JCADA'S "IT'S NOT LOVE" SAFE DATING CURRICULUM.

WE WILL COME TOGETHER AS A MULTIGENERATIONAL GROUP FOR A FINAL TRAINING SEQUENCE.
JCADA COUNSELORS & THEIR SUPPORT TEAM ARE AVAILABLE DURING THE TRAINING & AFTER.

EARLY BIRD REGISTRATION (BY NOV 1) \$55 | REGISTRATION (AFTER NOV 1) \$65
STUDENT (UNDER 24) \$36 | SPONSOR ANOTHER PARTICIPANT \$100

THIS PROGRAM IS OFFERED AT SIGNIFICANT DISCOUNT DUE TO GENEROUS SPONSORS WHO
PRIORITIZE THIS TRAINING FOR OUR COMMUNITY OF WOMEN. SVIVAH IS MOST GRATEFUL.
IF YOU WOULD LIKE TO BE A PROGRAM SPONSOR, REACH OUT TO connect@svivah.org

REGISTER

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[WWW.SVIVAH.ORG/
HAPPENINGS](http://WWW.SVIVAH.ORG/HAPPENINGS)

PRE-REGISTRATION
REQUIRED

Of us.

*SVIVAH defines "Jewish woman"
as anyone wishing to be included
in a circle of Jewish women.

By us.

Questions?
connect@svivah.org

For us.

We can't wait to see you
www.svivah.org

Inspiring,
supporting,
connecting,
& celebrating
Jewish womanhood.