

Self-Defense Workshop

EMPOWER YOURSELF!

**3 - 5 p.m. | Saturday, September 28
Wellness & Success Center
1000 Naylor St. Houston, TX 77009**

- Build awareness
- Learn from an expert instructor
- Gain confidence



Scan to RSVP by 9/20/24*

uhdforms.formstack.com/forms/self_defense_class

**Free parking available at the
Wellness and Success Center**

Hosted by UHD and State Representative Christina Morales
Note: All are welcome. Under 18 must be accompanied by an adult.
*This is a free event but you must register in advance