



TEMPLE  
ISRAEL  
CENTER

# WOMEN'S SELF DEFENSE

**With all that is happening now, it is time  
to learn how to protect ourselves.**



**Sisterhood will hold a program  
on self defense for women:**

**January 19, 10:00 am-Noon  
Reception Hall 1**

Designed for women of all ages, the program is an introduction to how to deal with danger including protecting in place. Taught by Avigale, a certified instructor, the class will include floor and chair training allowing you to learn at your own comfort level.

Please let us know if you will attend this free event at [msrl@aol.com](mailto:msrl@aol.com).

Wear comfortable clothes and sneakers.

Refreshments will be served.

*This is an introduction. A full program will be  
offered at a later date if there is sufficient interest.*