

APABA-DC Women's Forum, SABA-DC, AND APABA-VA

Cordially invite you to:

Happy Hour with a Kick

Proceeds to Benefit the Domestic Violence Resource Program (DVRP)

Join Lauren Taylor with *Defend Yourself*
in a self-defense presentation.

- Learn verbal skills for stopping an attack before it becomes physical.
- Learn boundary-setting and clear, direct communication.
- Physical self-defense demonstration: Learn simple, effective strikes.

Date: Tuesday, December 1st, 2009

Time: 6:00 p.m. - 8:00 p.m.

Location: Busboys & Poets
1025 5th Street NW, DC

Cost: \$10 Members, \$15 Non-Members

Payment will be accepted at the door.

Spots are limited.

Please R.S.V.P. to womensforum@apaba-dc.org by November 24th, 2009.

Transportation:

Circulator: Stops at 5th and Massachusetts

Metro: Mt. Vernon Square or Gallery Place, Chinatown