

Empowerment Self-Defense Class

The SAFETY Team

Empowerment
Resilience | Healing



Level 1

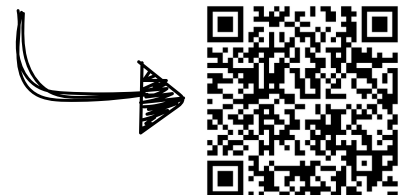
Tuesday

June 23

6pm - 8:30pm

FireStation
17 Hyde Rd
Grand Isle
VT 05458

Sign up Here!



**Together we prevent violence,
heal trauma, foster resilience
and build safer community.**



Watch this short video
about our programs!

**Although planning to expand in the future, we currently offer workshops for girls & women, ages 14 and up only. 12+ may attend with a participating guardian. All fitness levels welcome!*

www.thesafetyteam.org

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