

Women's Empowerment Strength and Self Defense Workshops

For all Team Buckley and CONG Women (16 and older)

2 Part Workshop

Session 1—Wednesday, 9 April 2014 (1800-2030)

Session 2—Wednesday, 16 April 2014 (1800-2030)

Participants are Required to attend both sessions

Workshop held at Buckley AFB Fitness Center.

Pre-registration is required!!!

*Contact CTT3 Amanda Alsted in the SAPR Office
720-847-9858 or amanda.alsted@us.af.mil*

ONLY 30 spots available!!

You must register to attend NLT 11 April 2013

