

# WOMEN'S SELF DEFENSE CLASSES

*Provided by the VOICE Program*  
&  
*Herbie Holland, VING TSUN KUNG FU*  
**FREE**



**CRCH ROOM 516**  
**NOON – 1:00PM**

## DATES

**Tuesday, September 14, 2010**  
**Tuesday, September 21, 2010**  
**Tuesday, September 28, 2010**  
**Tuesday, October 5, 2010**  
**Tuesday, October 12, 2010**  
**Tuesday, October 19, 2010**  
**Tuesday, October 26, 2010**  
**Tuesday, November 2, 2010**  
**Tuesday, November 9, 2010**

**These free classes may also  
be taken at the instructor's  
studio.**

**Contact Sarah Higginbotham,  
VOICE Coordinator for  
further details.**

**(540) 985-9711**  
**sehigginbotham@jchs.edu**

Grant statement: This project was supported by grant # 2008-WA-AX-0005 awarded by the Violence Against Women Office, Office of Justice Programs, U.S. Department of Justice. Points of View in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.