

More than Sugar & Spice: Sage Girl Gets Powerful



Innovative Self-Defense Course Designed for Teenage Girls Ages 16 to 18 Years

Two-Day Workshop Series Includes:

- ❖ Self-Awareness Activities
- ❖ Self-Defense Techniques
- ❖ Using Your Voice in Powerful Ways
- ❖ Developing Healthy Relationships
- ❖ And much more!

Pre-Registration is Required

Email or Call: emily@sagegirl.org or 908-751-0607 to register

Cost: \$25 per participant
*Includes Dinner, Program T-Shirt, and Workshop Booklet

Saturday, June 2nd & Sunday, June 3rd 4:30PM – 8:00PM

ATA Martial Arts Studio, 67 Church Street Flemington, NJ

Sponsored By



*Course created and facilitated by sexual assault prevention professionals, psychologists, black belts, female college students, and the mothers of teenage daughters.

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