

IMPACT Bay Area Women's* Daylong



Saturday 1/21
10am-4pm
UUSF

Sign up for free with
code **UUSFGUEST** at
Impactbayarea.org

What you'll learn

A foundation of skills including intuition, situational awareness, body language and voice proven effective at increasing safety and confidence. You'll get the unique and powerful experience of practicing physical techniques in safe and realistic scenarios against a padded mock assailant.

This class is open to

ages 16+, all women as well as non-binary and gender-nonconforming people who have lived experience of misogyny and are comfortable in a space that centers the experience of women.

IMPACT

Bay Area

www.impactbayarea.org

IMPACT offers violence-prevention programs for people to embody their own power, set effective boundaries, defend their physical and emotional safety, and heal.