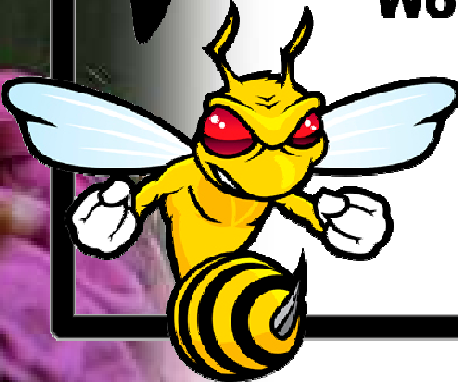




W.A.S.P.

**Women's
Awareness
Survival
Program**



**When: We have two class options.
Monday or Wednesday
nights from 7:30-9:00PM for ten weeks.
*Just \$60 each or bring a friend for \$50 each**

Are you prepared to fight back??

WASP provides women with options.

**www.wasp.budocentral.com
for more details**



**Register now as
space is limited.
Stop the Violence!**

"Unlike a bumble bee who stings once and dies, the wasp can sting multiple times and survive to fight another day".

W.A.S.P.
**North Woodside
Community Centre**
230 Pleasant Street
Dartmouth, NS

Johanne Connolly
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E-mail:
wasp@budocentral.com

W.A.S.P is "Women's Awareness Survival Program", a dynamic self-defense, awareness and assertiveness training system and fitness class for adult women from 12 - 84 years old. This is not a martial arts class but rather a street oriented rape awareness and self-defense program. Learn the skills of assertiveness training, predicting violence, and self-defense while participating in an all female class with a female instructor. Feel safe to openly discuss scenarios, and prepare yourself.