



JOIN US TO STRENGTHEN
YOUR AWARENESS TO HELP
END SEXUAL ASSAULT



STRENGTHEN YOUR AWARENESS

GRACE & GRIT

Grace & Grit: Strengthen Your Body & Your Awareness!

The SAPR Team and MWR Fitness Center are teaming up to help you move, learn, and empower yourself. Join this FREE fitness class to build strength inside and out! All fitness levels welcome.

17 JUNE 2026
11 AM • FREE
MWR FITNESS CENTER

Call (301) 295-2450 for more information.
Open to eligible patrons with gym access.

