



**BODY COMBAT: KNOCKING
OUT ABUSE AND ASSAULT**

COMBAT THE STIGMA

FREE

The Sexual Assault Prevention and Response (SAPR) team along with the MWR Fitness center will join together to Strengthen Your Awareness. We will join Thursday's body combat class, a high-energy martial arts-inspired workout to build up your body and knowledge of the SAPR program.

**19 FEB 2026
5PM**

**MWR FITNESS CENTER
NSA Bethesda**

Call (301) 295-2450 for more information.



MWRBethesda

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