



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

[navymwrbethesda.com](http://navymwrbethesda.com)