

**FORT MEADE
FAMILY ADVOCACY PROGRAM**

SELF-DEFENSE & BYSTANDERS INTERVENTION CLASS



A self-defense education and training program designed to increase bystander awareness and teach intervention techniques during in support of Domestic Violence Awareness Month, come in flexible workout attire.

**TUESDAY, OCTOBER 21ST, 2025
FROM 11:00AM-1:00PM**

**Open to Active
Duty, Family
Members, Retirees,
Civilians and
Contractors**

**WHERE: 830 CHISOLM AVE
FORT MEADE, MD 20755**

**CONTACT US TO REGISTER!
(301) 677-4118**



meade.armymwr.com