



## Feel Safer & Be Empowered!

Join us for a self defense class designed to give you tips, tools and tricks to help you feel safer and more confident. Attend the class that's closest to you!...

<p><b>JULY 15, 2017</b>  <b>11am – 12:30pm</b>  <b>MICA Wellness Center</b>  <b>1501 W Mount Royal Ave</b>  <b>Baltimore, MD 21217</b></p>	<p><b>AUGUST 12, 2017</b>  <b>11am – 12:30pm</b>  <b>Prince Hall Lodge</b>  <b>1307 Eutaw Pl</b>  <b>Baltimore, MD 21217</b></p>
<p><b>SEPTEMBER 12, 2017</b>  <b>7:30pm – 9pm</b>  <b>YogaWorks Midtown</b>  <b>107 E Preston St</b>  <b>Baltimore, MD 21202</b></p>	<p><b>OCTOBER 18, 2017</b>  <b>7:30pm – 9pm</b>  <b>Carroll School of Dance</b>  <b>23 E North Ave</b>  <b>Baltimore, MD 21202</b></p>

Classes are FREE to attend for anyone who lives, works or goes to school in Midtown Baltimore but registration is required!

**Register NOW online at : [MidtownBaltimore.org/SDS](http://MidtownBaltimore.org/SDS)**

### MEET THE INSTRUCTOR: DAMION COOPER



**Damion Cooper** uses his startling life's story of being shot an inch above the heart at point blank range by one of two gunmen to teach lessons of forgiveness, self-control, discipline and redemption via mentorship. While mentoring a young man in prison during his years in Seminary, he discovered that his mentee was the assailant who shot him years earlier. This inspired him to create **Project Pneuma**; a holistic program focused on forgiveness and curbing impulse actions in young African American males by teaching them yoga, mindfulness, breathing techniques and martial arts. Project Pneuma also partners with the Baltimore City Police Department so that the young men and new officers can build bonds of trust, respect and cultural competencies.

#### Partners:

