

The L P Fisher Public Library Presents

# SISTERS IN SPIRIT

Saturday, October 28th 1:00-3:00pm

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## Self-Defense for Women

with Woodstock Brazilian Jiu-Jitsu Club

1:00-2:00pm

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## Yoga for Trauma

with Jenn Carson

2:00-3:00pm

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- Free
  - Open to All Women
  - Pre-Registration Required
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To register call the library at 325-4777  
[www.facebook.com/L.P.Fisher.Library](http://www.facebook.com/L.P.Fisher.Library)