

TOGETHER WE ACT, UNITED WE CHANGE



April is Sexual Assault Awareness Month 2025

► Week 1 – Self-Defense Class

Tuesday, April 1 | Tribal Gym | 6-7:30 p.m.

- Open to females only, ages 16 and up
- Wear comfortable athletic clothing and tennis shoes/sneakers

► Week 2 – Energy Healing Circle

Tuesday, April 8 | Behavioral Health | 5:30-6:30 p.m.

- **Energy Practitioner:** Debbie Peterson, HIA Certified and ADS

► Week 3 – Yoga

Wednesday, April 16 | Behavioral Health | 5:30-6:30 p.m.

- **Yoga Instructor:** Felicia Otto, RYT 500, SCIT

► Week 4 – Energy Healing Circle

Wednesday, April 23 | Behavioral Health | 5:30-6:30 p.m.

- **Energy Practitioner:** Debbie Peterson, HIA Certified and ADS

► Week 5 – Self-Defense Class

Wednesday, April 30 | Tribal Gym | 6-7:30 p.m.

- Open to females only, ages 16 and up
- Wear comfortable athletic clothing and tennis shoes/sneakers

Win Prizes!

Participants will be
entered in to
prize drawings.



**Pre-registration is preferred, but not required.*

To register or for more information, please contact:

Behavioral Health Victim Services at 989-775-4400 or BHDVServices@sagchip.org



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

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