

May 19, 2024

Buffalo Recovery Movement

Jiu-Jitsu for People In Recovery

NO EXPERIENCE NECESSARY. FREE EVENT.

This event will explore Self-Defense and the Fundamentals of Jiu-Jitsu. Striking and wrestling on the ground will be limited. 1 hour then social time at end. A waiver is necessary and will be completed on-site before the class.

OPEN TO ALL IN RECOVERY AND THEIR ALLIES! Bring a guest.

Sunday, 12:30 PM - 2:00 PM

WNY MMA & Fitness, 255 Great Arrow Ave,
#114, Buffalo, NY 14207

**RSVP REQUIRED: Tom Burke (Recovery Coach),
716-870-8263,
TomBurkeRecoveryCoach@Gmail.Com**