

# STRIKE IT STRONG

## A SAFETY WORKSHOP FOR WOMEN

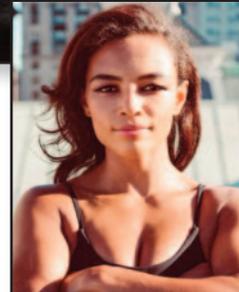


SENATOR  
**TROY SINGLETON**  
Representing New Jersey's 7th Legislative District



In collaboration with **Senator Troy Singleton**: a safety workshop exclusively for women to help you stay safe and feel empowered. Learn self-defense basics in a supportive environment. Take that first step – and bring a friend!

- WHO:** Moms/Daughters/BFFs/Friends/Family  
**WHEN:** Wednesday, March 18, 2026 • 6:30-8pm  
**WHERE:** 429 John F Kennedy Way • Willingboro, NJ  
**FEE:** FREE - Registration Required



scan to  
register



- **Build Confidence:** Get empowered through self-defense
- **Supportive Space:** A safe learning space for women 14+
- **Expert Instruction:** Led by former MMA fighter  
Jamie Bad Mama' Miller

**REGISTER:** [www.troysingleton.com/strikeitstrong2026](http://www.troysingleton.com/strikeitstrong2026)

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**STRIKE IT STRONG**  
EMPOWERING WOMEN

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