

STRENGTH IN LOVE: EMBRACE EMPOWERMENT DURING TEEN DATING VIOLENCE AWARENESS MONTH

Join Bar Method Highland Park +
North Suburban Legal Aid Clinic
for a transformative event dedicated to making a
positive impact against teen dating violence.

February is Teen Dating Violence Awareness
Month. It is a time to educate teens and parents
about what is and is not a healthy relationship,
what signs to look out for, how to talk to your
teen, and how to get help.

Wear orange to class to raise awareness and
automatically be entered into a raffle.

SATURDAY, FEBRUARY 3

7:45 AM, 8:45 AM, 10 AM, & 11:15 AM*

*Q&A AFTER CLASS WITH NSLAC

Members and guests are encouraged to register using the QR code and
apply the special discount code "TDVAM" to enjoy a complimentary class.
For direct registration call 847 432 9150 or email HP@BarMethod.com.
Space is limited. All fitness levels are welcome. Parents/Guardians are
encouraged to attend with young adults age 13+.



the bar method
HIGHLAND PARK

**NORTH SUBURBAN
LEGAL AID CLINIC**
PROVIDING ACCESS TO JUSTICE FOR THOSE IN NEED