

# Richmond Office Staff Attend Self-Defense Seminar

AppalReD's Richmond Office Staff attended a self-defense seminar at Elite Martial Arts & Fitness. Elite offers free self-defense clinics to the community.



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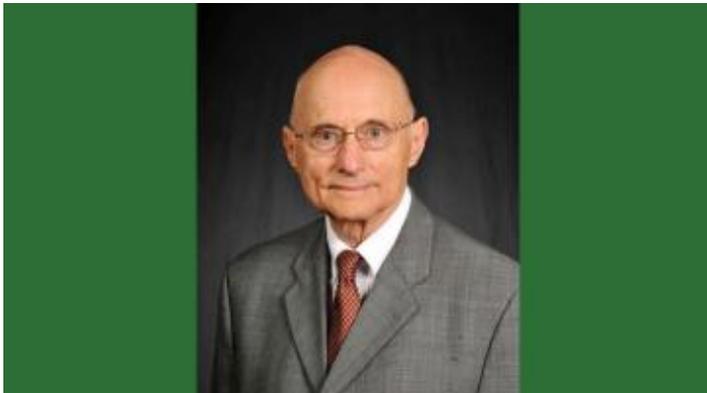


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