

Play it Safe

Women's Self Defense Seminar



Above all else, refuse to be a victim – Margaret Atwood

This four hour workshop will give you the tools you need to be street smart. Whether you're a single girl, college bound co-ed, mom or high powered exec you deserve to feel secure in your environment. Learn how to avoid 95% of potentially threatening situations, and give yourself the best advantage should the other 5% happen.

Learn about:

Intuition and why it's your best friend

Travel safety

Safety at a party

Girls night in

Stalkers

Workplace and campus violence

Cyberstalking

Wear comfortable clothing, and bring water and a light snack

June 21, 2010

8:00 am - 12:00 pm

Price per person \$20.00 (prepaid please)

Family discounts available

email to reserve your spot asap

wightout@socal.rr.com

Due to the sensitive nature of this class it will be girls only.
Ages 15 -18 must have an adult guardian present. Ages 15-16 must have instructor's permission to attend.