



Simple and Proven Techniques
 This self defense class gives you the best chance of survival by utilizing simple, effective, and proven self-defense tactics and techniques. In one 2- hour session you'll learn:

- ~Practical Self-Defense - practical and effective self-defense techniques and tips.
- ~Increased Awareness - what to do in dangerous situations.
- ~Effective Escape Techniques - how to get away quickly.
- ~Crime Prevention - how to minimize the chance you will be attacked.
- ~Using Your Body as Your Weapon - give yourself a fighting chance.

FIGHT BACK

Self Defense Seminar

with Queen Ella Washington & Faye Kimes

Friday, October 26, 2018, 6 PM to 8 PM
 Hudson Campbell Sports & Fitness Center
 455 Massachusetts Street, Gary, IN 46402

For More Information Call:
GARY COMMISSION FOR WOMEN
 (219) 883-4155

