

Women's Personal Protection Workshop

BE PREPARED!

BE EMPOWERED!

Learn ...

- ❖ How to keep from panicking
- ❖ What to do if pinned to the ground
- ❖ What to do if being choked
- ❖ What to do if grabbed from behind



The threat of rape and personal assault hangs over every female throughout her entire life. Don't live in fear! Gain the tools you need to be aware and prepared. This workshop will provide you with powerful yet simple and easy to use techniques which allow you to escape or disable an attacker, plus verbal self defense techniques to help you avoid an attack.

Pre-registration ends October 14, 2009 ~~~~~ \$7 - Members \$14 - Non members
Registration: October 15-20, 2009 ~~~~~\$14 - Members \$24 - Non-members

The workshop is presented by Master Instructor Bob Fields and is open to all females 16 or older, regardless of size and strength.

Register at the following Bally Total Fitness Locations:



Brook Park

14571 Snow Rd
Brook Park, OH 44142
(216) 267-3500

Workshop date:

Fri. October 16th, 6-8pm

Broadview Hts.

7955 Broadview Rd
Broadview Heights, OH 44147
(440) 526-7900

Workshop date:

Sat. October 17th, 2-4pm

Westlake

1255 Columbia Rd
Westlake, OH 44145
(440) 835-8230

Workshop date:

Fri. October 23rd, 6-8pm

We are collecting much needed items for Genesis House a shelter for Battered women & children. A wish list is included in your registration packet or visit: genesishouseshelter.com