

Personal Protection Workshop

BE PREPARED!

BE EMPOWERED!

Crime is a Reality Everywhere!

- ❖ How to keep from panicking - Learn about Pepper Sprays, Stun Guns, how to use them with Self Defense techniques
- ❖ 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. Great Self Defense for Men, Women and Teens.

Registration _ ~~~~~ \$10 - Members \$15 - Non members

Mother's Day Month Registration: Daughters and sons - *\$5 Dollars off*

The workshop is presented by Master Instructor Bob Fields and is open to all 12 or older, regardless of size and strength. More Info Call 216-376-6509 or 216-855-1400

Register at the following Bally Total Fitness Locations:



Willoughby

5880 Som Center Rd
Willoughby OH, 44094
(440) 944-6888

Workshop date:

Sat. May 22nd 3-4pm

Maple Heights

5510 Warrensville Center Rd
Maple Heights OH, 44137
(216) 662-1500

Workshop date:

Sat. May 22nd 1-2pm

Beachwood

3600 Park East Dr.
Beachwood OH, 44122
(216) 765-8085

Workshop date:

Sun. May 16th 1-2pm

Severance

3554 Mayfield Rd.
Cleveland OH, 44118
(216) 382-2730

Workshop date:

Fri. May 21st 6-7pm