

# 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:



**BALLY**  
TOTAL FITNESS™

### Brook Park

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

Workshop date:

Sat. May 15<sup>th</sup>, 1-2pm

### Broadview Hts.

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

Workshop date:

Sat. May 15<sup>th</sup>, 3-4pm

### Westlake

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

Workshop date:

Fri. May 14, 6-7pm