

Learn: Situational awareness, Physical signs of an impending attack,
How to fall safely, Escape techniques, Real world self-defence

Sessions are free of charge
Spaces are limited register now

BE STRONG & BE SAFE: SELF-DEFENCE FOR WOMEN

Open to females age 11 and up



Sponsored by:

**Neqotkuk Young
Women's Circle**

Registration is required

Contact

Mary Solomon 273-5541

**The 4 part series starts at the
Mah-Sos Elementary Gym**

Saturday Feb. 2 (2 to 4pm)

Saturday Feb. 9 (2 to 4pm)

Saturday Feb. 16 (2 to 4pm)

Saturday Feb. 23 (2 to 4 pm)