



RELIONCE
SELF DEFENSE, INC
To Empower the Powerless

Women's Safety and Self Defense workshop



Sunday, November 15

10:00 - 11:30 am

Forest Lake Academy Gym

Cost: \$30 per person or register
with a friend, sister, mom for \$50

Register by calling **407-758-8666**

Introductory course, which will teach you lifesaving techniques, including

- ✦ The best ways to rapidly escape to safety
- ✦ How to identify and use "weapons of opportunity"
- ✦ How to respond to a violent attack