

EMPOWER YOURSELF



Hands-On
Self Defense Training!

SELF PROTECTION & PREDATOR AWARENESS

During what could be the *most important four hours of your life*, our hands-on self defense training will give you the confidence to escape any attacker. Practice multiple escape maneuvers simple enough for just about anyone to execute. Plus, improve your personal safety by learning how to recognize predators, the most probable abduction locations, and tips for avoiding these dangerous scenarios.



April 22, 2023 • 4pm - 8pm

Morton Mandan Public Library, 609 W. Main Street



**Limited seats
available!**

REGISTER NOW

Contact Shawna Marion

701-667-5365

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was provided by the NDSC
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