

EMPOWER YOURSELF



Hands-On
Self Defense Training!

PERSONAL VIOLENCE PREVENTION

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.

October 9, 2024 • 4pm - 8pm
Morton Mandan Public Library, 609 W. Main Street



Limited seats available!

Registration Required
Scan QR Code to Sign Up & Learn More



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