

PERSONAL PROTECTION FOR WOMEN



Women, want to learn basic self-defense moves and become more aware of how to protect yourselves when faced with safety challenges? Join Major Leanne Hood of the City of Middletown–Division of Police and her husband, Herb, a retired police officer, who will offer tips for and demonstrate how to:

- ▶ use one's instincts when in undesirable situations
- ▶ become aware of and prevent physical attacks
- ▶ behave when attacked
- ▶ stay mentally strong in unsafe situations
- ▶ and other gender-specific topics related to women's personal protection

THURSDAY, OCT 3, 2019

@ 10:00–11:30 AM

FOR WOMEN OVER AGE 50

WEDNESDAY, OCT 16, 2019

@ 6:00–7:30 PM

FOR WOMEN OVER AGE 15



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