

PERSONAL PROTECTION FOR WOMEN



Women, join us on **Wednesday, March 14, from 10:00–11:30 AM**, to learn basic self-defense moves and become more aware of how to protect yourself when faced with safety challenges. Instructors Major Leanne Hood of the City of Middletown–Division of Police and her husband, Herb, a retired police

officer, will focus on:

- ▶ using one's instincts when in undesirable situations
- ▶ becoming aware of and preventing physical attacks
- ▶ how to behave when attacked
- ▶ staying mentally strong in unsafe situations
- ▶ and other gender-specific topics related to women's personal protection.

The class is free and open to women over age 50.

**Register at our Welcome Center
or call 423.1734**



3907 Central Ave, Middletown, OH 45044 / 513.423.1734

info@centralconnections.org