



**Class Dates: February 17<sup>th</sup> – March 17<sup>th</sup> (Wednesday evenings only) - Time: 6pm -9pm**  
**Location: Holmes Jr. High - MPR**

**Must attend all 5 Classes**

# Women's Self-Defense

**Could You Effectively Defend Yourself If Attacked?**

**Comprehensive Course for Women**

Taught by Nationally Certified RAD Instructors  
Colleen Turay, Debra Doroshov,  
Nadine Sellers, Lorelee Cox & Eddie Ellsworth

**Awareness & Prevention**  
Risk Reduction & Avoidance

**Hands-On Training**  
Realistic Self-Defense Tactics & Techniques

For more information or  
**TO REGISTER**

Call Debra Doroshov:(530) 747-5400

Or

Colleen Turay (530) 747-5421

Deadline for registration is

**February 12, 2010**

\$25 non- refundable materials fee

◆ Space is limited

