

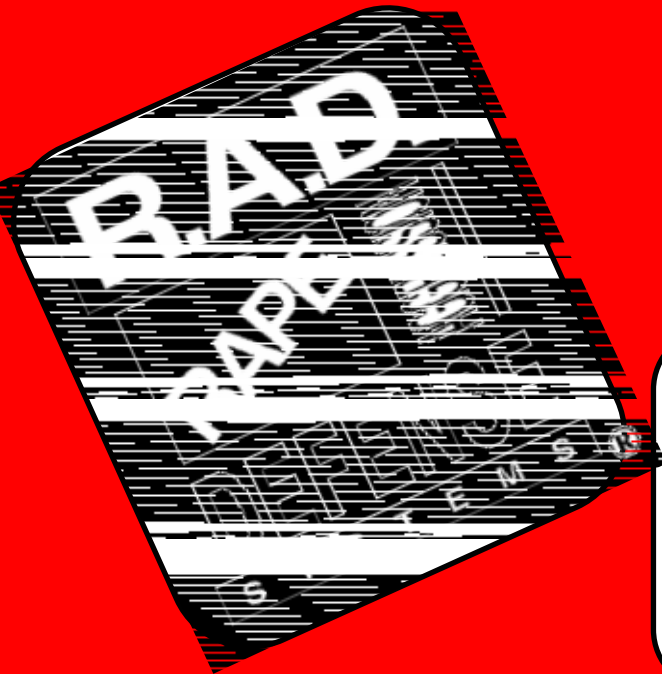


**Class Dates: October 15th – Nov. 12th (Thursday evenings only) - Time: 6pm -9pm
Location: Holmes Jr. High - MPR**

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, 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 at (530) 747-
5400
Deadline for registration is
October 13, 2009
\$25 materials fee
♦ Space is limited

