

# *Women's Self Defense Workshop*

*Appropriate for ages 13 and older*

*October 2, 2016 from 10:00 - 11:30 p.m.*

*Register by: September 29, 2016*

*Cost: \$15.00*



- *Learn to set boundaries*
- *Use the defense skills you already possess*
- *Learn critical thinking and defense strategies*
- *Recognize uncomfortable situations*
- *Learn simple and effective hands-on techniques*
- *Feel empowered to take care of yourself*
- *Learn verbal and physical strategies to protect yourself*
- *Build self-esteem and confidence*
- *Practice techniques in a supportive environment*
- *Instructors:*
  - *trained in martial arts*
  - *Experience as an advocate for a rape crisis center*

*Contact: Jullie Camacho*

*Dojo: (909) 624-1683 or Cell: (909) 525-2051*

*Elements of Change Academy of Martial Arts*

*2440 W. Arrow Route, Suite C*

*Upland, CA 91786*

*(next to Razzle Dazzle Frozen Yogurt)*

