

# Self-Defense for Women

Can you defend yourself against a violent attack? You don't have to spend years training in an expensive program. Learn valuable, life saving skills from a program designed to increase your safety after only one class! Learning is best accomplished



by "doing." Our hands-on course teaches time-tested, relevant and realistic skills that are easy to learn and retain under stress. Designed to be safe, this course instills confidence by building on success. You are coached according to your own rate of progress. No previous training required. This one-time class promises to be a great stress reliever and lots of fun.



**Date:** Tuesday, February 5<sup>th</sup>

**Time:** 6:30 - 8:30 pm

**Cost:** \$35 for Berkley residents

\$40 non-residents

**Instructor:** Live Safe Academy

Class will be held and registrations are currently being taken  
at the Berkley Community Center 248-658-3470

Classes will be cancelled if minimum registration numbers are not met

[www.berkleymich.org](http://www.berkleymich.org)