

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, October 30th

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