

EMPOWER YOURSELF ⚡ 4 WEEKS TO A NEW YOU!



# SELF-DEFENSE

## 4 WEEK SERIES

- ✓ RECOGNIZE AND AVOID DANGEROUS SITUATIONS
- ✓ LEARN PRACTICAL SELF-DEFENSE THAT COULD SAVE YOUR LIFE
- ✓ DON'T BECOME A VICTIM

### 4 WEEK SERIES SCHEDULE

1 _____	3 _____
2 _____	4 _____

TIME: \_\_\_\_\_  
 DATE: \_\_\_\_\_  
 COST: \_\_\_\_\_  
 SIGN UP BY: \_\_\_\_\_

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