



TODAY SELF-DEFENSE IS MORE IMPORTANT THAN EVER

The Beachwood Mayors Wellness Campaign Is Proud To Sponsor a Free 4 Hour

(1hour a week for 4 weeks)

“Introduction to Self-Defense Course for Women”

- Topics will include:
- Practical Safety Tips
- Situational Awareness
- Effective Strategies For Escaping An Attacker
- How To Control, Strike, And Submit An Attacker
- And Much More

This seminar is open to women ages 16 & up

Space is limited advanced registration required: To register please respond to the Beachwood Mayors Wellness Campaign on Facebook or e-mail Mayor Ron Roma at mayorroma@beachwoodusa.com

Instructors for this course are:

Beachwood Patrol Woman Gina Bruno with 10 years law enforcement experience

Sense Rich Fritz Martial Arts black belt, self-defense expert and physical fitness trainer

Location: Beachwood Community Center

Dates: Four Consecutive Mondays February 16 & 23 and March 2 & 9

Time: 7pm To 8pm

Please wear comfortable gym type clothing