

WOMEN'S **SELF-DEFENSE** WORKSHOP

In today's world, self-defense is not just a skill; it's a necessity. Our Women's Self-Defense Workshop offers a safe and supportive environment where you can learn essential techniques and strategies to defend yourself. Led by experienced instructors, this workshop focuses on empowering women of all ages and fitness levels with the tools they need to stay safe and confident.

WHAT YOU'LL LEARN:

- Awareness and Prevention
- Basic Self-Defense Techniques
- Assertiveness and Confidence Building
- Use of Everyday Objects for Defense
- De-Escalation Techniques

FRIDAY, SEPT. 25TH
5:45pm-7:45pm

Stateline Family YMCA
Ironworks Branch | KFMP Studio
501 Third Street
Beloit, WI 53511

COST

Members \$20 | Community \$30

statelineymca.org/defense

