**WHAT**: Women’s Self-Defense Program (4-hour course)

 Instructors: Fran Regan and Franca D’Agostino,

 Certified Women’s Self-Defense Instructors

**WHEN:** Saturday, November 16, 2019, 8am - Noon

**WHERE**: Hummelstown Borough Bldg. 261 Quarry Rd., Hummelstown, PA

**COST**: $40 per person

**REGISTER**: **By 11/01/19**: On our website, www.f2womensselfdefense.com (via Paypal), or by phone at (717) 443-1935 (to pay by check).

The F2 mission is to educate ALL women on their best options for protecting themselves against aggressors. Our class consists of a PowerPoint/informational component in which we focus on situational awareness; learning to identify risks to your personal safety; and using your body language and voice to dissuade a potential attacker. During the second, interactive component, we learn and practice basic strikes that ANY woman can do in the event that she needs to protect herself from physical harm. You’re stronger than you think, and we’re going to show you! Please dress comfortably, wear sneakers, and GET READY for an informative yet FUN class that could possibly save your life!

Please also visit our website at [www.f2womensselfdefense.com](http://www.f2womensselfdefense.com)!

**PARENTS! Let us help prepare your FRESHMAN DAUGHTER for a SAFE COLLEGE EXPERIENCE! Mothers/daughters welcome! All women ages 13+!**

THIS EVENT, PROGRAM OR GROUP IS NOT SPONSORED OR ENDORSED BY THE

 LOWER DAUPHIN SCHOOL DISTRICT.