

SELF DEFENSE CLASS

TAKE A STAND

When: Saturday, April 29th 2017 (suggested for 10 –ADULTS)

Participants under 13 must be accompanied by an adult

Where: Faith Lutheran church, 37635 Dequindre Rd., Troy

Cost: \$10.00 PER CLASS OR \$15.00 FOR BOTH

LEARN HOW TO PROTECT YOURSELF.

Preparing people to avoid and face physical violence,
transforming them from victims to survivors.

QUESTIONS? Contact Nicole DiMercurio alivenhim1@gmail.com or 248-867-6770
Or Cathy Rowan catrowan69@gmail.com or 586-214-5741



WWW.ONELIGHTDEFENSE.COM

FROM ILLINOIS

100% OF THE MONEY
GOES TO
PROCLAIM 13

ONE LIGHT SELF DEFENSE DONATES

100% OF IT'S PROFITS. All Proceeds
will go to Reclaim 13, a Chicago based
organization devoted to ending the
sexual exploitation of children through
prevention and housing rescued girls to
restore and promote healing.

www.reclaim13.org

PLEASE CONSIDER AN ADDITIONAL
DONATION WITH YOUR REGISTRATION

TWO CLASSES OFFERED: BASIC AND ADVANCED

- How to stay safe and avoid offenses. Safety awareness.
- Introduction to human trafficking with basic terminology (good idea to discuss possible vocabulary with younger children if unfamiliar).
- Learn how to be aware of your surroundings and social situations.
- Avoidance tactics, striking techniques, self defense techniques
- Simple and advanced techniques to release and run from attacks.
- Class will be adapted to meet the needs of those attending.

SCHEDULE

9:00-11:30	Basic Training and Teaching/Refresher class
11:30-12:15	Lunch-Bring your own or visit a local vender close by
12:15-2:30	*Advance(This will be more physically challenging)
TAKE ACTION	EVERYONE IS A POTENTIAL VICTIM.

*MUST TAKE OR HAVE TAKEN THE BASIC TO TAKE ADVANCE

Adult or Parent's Name _____

Please Contact Cathy Rowan if there is a financial burden
that would prevent you or your child from attending.

Email _____ Phone _____

Names of those attending: (Children 13 and older can attend by themselves. Parents are encouraged to attend with children)
Add additional names on back

_____ AGE(if child) _____ Basic/Morning class _____ Advanced Afternoon class _____

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Registration and fees are due April 17th. Please make checks out to Reclaim 13

**Mail to: Cathy Rowan, 2605 Mellowood Dr. Sterling Heights, MI 48310. Remember to include your signed
waiver or bring with you on APRIL 29TH. SPACE IS LIMITED.**