



We build strong kids, strong families, strong communities.

Women's Safety and Self-Defense Class

Wednesday, February 18

6:30 p.m-8:30 p.m.

North Branch

\$25

Learn and practice hands-on self-defense techniques
in a safe environment.

Feel confident about learning how to:

RECOGNIZE a dangerous situation

AVOID a potential attack

DEFEND yourself and escape

About the instructor: Jennifer Watts is a former police officer and third degree Black Belt. She has 20 years of experience teaching women how to protect and defend themselves.

1005 Skyline Dr. Arlington 76011 817.548.9622

Sign-Up at the Welcome Center

