

WOMEN'S SELF DEFENSE SEMINAR

A seminar designed to raise awareness and empower women hosted by Sensei N. Lagrasta (3rd Dan GoJu Ryu Karate, 3rd Dan Daito Ryu Aikijitsu)

Topics covered will be:

- The psychology of violence
- Situational awareness
- Spousal/partner abuse
- Sexual assault
- Tools and techniques for effective self defense
- Available assistance and resources

*Sunday December 17th 2023
6pm-8:30pm*

*Frank MacIntyre Building
220 Owen Sound St.
Dundalk, ON.*

\$40

All proceeds donated to help local women's shelter in Orangeville, Ontario
Maximum class size: 20 students
Call or email to book your spot!

647-378-0236

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*Refreshments provided
Donations of non perishable
foods and women's products also
accepted*