

Personal Safety Awareness and Crime Prevention for Women

By Lady Defend-Her

Personal safety, how to avoid becoming a victim

Easy to use self-defense tips and techniques

Safety items will be available to order

**Preparedness,
Self-Defense &
Self-Awareness**

Free!

EMPOWER HOUR - 60 Minutes That Could Save Your Life!

Learn to defend yourself in a potentially dangerous situation. The key to prevention is education - Awareness, Avoidance, and Basic Self Defense.



www.ladydefend-her.com

Sunday, November 12th ~ 1PM



American Legion Post 60

2 Main Street - Laurel, MD

301-725-2302