

FREE WOMEN'S
SELF-DEFENSE CLASS

AGES 16* & UP



LEARN TIPS AND TOOLS ON HOW TO

EMPOWER

+

PROTECT

YOURSELF THROUGH
PREVENTION AND
BASIC SELF-DEFENSE
TECHNIQUES

DATE:
WED. OCT. 10, 2018

TIME:
6:30 pm TO 9:00 pm

LOCATION:
WBHS GYM

RSVP:
OFFICER CATHY STEEN
csteen@west-branch.k12.ia.us

PRESENTED BY THE WEST BRANCH POLICE DEPARTMENT

INSTRUCTOR: DEPUTY ALEX KOCH
DEFENSIVE TACTICS INSTRUCTOR
CEDAR COUNTY SHERIFF'S OFFICE

FOR MOR INFORMATION CONTACT:
WEST BRANCH POLICE DEPT (319) 643-2222
OR OFFICER CATHY STEEN (319) 330-6488

*IF YOU ARE 16 OR 17 YO, YOU MUST HAVE
A PARENT OR GUARDIAN SIGN WAIVER
FOR YOUR PARTICIPATION

