

**LEARN TO DEFEND YOURSELF!**

# **WOMEN'S SELF DEFENSE AND SAFETY WORKSHOP**



**PRESENTED BY THE STREET SMART PROGRAM  
AND THE REDLANDS POLICE DEPARTMENT**

**The objective of this workshop is to  
increase the participants level of  
awareness and minimize their risk of  
victimization.**

This workshop is offered for \$10.00 to females ages thirteen and up. 100% of fees collected will be applied towards the support of the Street Smarts After School Program, see flyer on reverse side. Please wear comfortable clothing and athletic shoes.

**The 4 Hour Workshop will Consist of:**

- Redlands Police Department Guest Speakers
- Personal Safety Presentation and question and answer session
- Hands on Training in Self Defense Tactics

\*Instructors are Police Officers or Martial Arts experts \*



**DATE: SATURDAY APRIL 10, 2010**

**TIME: 9:00AM—1:00PM FEE: \$10**

**Space is limited, call to reserve your spot today! You and your loved ones can't afford to miss this opportunity! (909)798-7572.**

**Workshop will be held in:**

**The Redlands Community Center Gymnasium**

**111 W. Lugonia Ave. Between Orange and Texas St.**