



# ABC WOMEN'S SELF-DEFENSE

Are you heading off to college? Do you travel or live alone? Do you want to learn how to keep yourself safe? You need to take the  
**ABC WOMEN'S SELF-DEFENSE CLASS**



In cooperation with the



Columbia County Sheriff's Dept.

In this **FUN, EXCITING** and **EMPOWERING** program, you will:

- Learn how to avoid being a victim!
- Learn what an attacker looks for!
- Learn essential skills to protect yourself and your loved ones!
- **HAVE FUN!**

**CALL TODAY!**

Class taught by Instructors from the  
**Modern Self-Defense Academy**

**When: Tuesday, March 1<sup>st</sup>, 6:30pm – 9:30pm**

**Where: New Lebanon High School**

**Cost: \$20 per student / \$30 per mother/daughter team**

**Register with Ms. Grattan in the JSJS Main Office or call at 794-7600**

