

# PERSONAL SELF DEFENSE TRAINING BY SAFE 4 LIFE

## SELF-DEFENSE SKILLS



**Are you looking to invest in your personal safety?  
Learn skills to protect yourself from personal crimes and  
recognize potential danger.**

### **What you will learn!**

- Utilizing intuition
- Setting Boundaries
- How to avoid dangerous/risky interactions
- Developing a safety plan
- Hands on self-defense strategies
- Padded Attacker

Saturday October 21st 2023

Bassano Community Hall

601 2nd Ave

Programs available:

10 am - **Safe Kids 6-10 yrs - \$10**

12:30 pm - **Safe Tweens 11-15 yrs - \$10**

3 pm - **Safe Teens/Adults 16+ yrs - \$40**

20 spaces available per class, registration  
closes October 16th, 2023

Pre registration required Contact Amanda at [fcss@bassano.ca](mailto:fcss@bassano.ca)  
(403)641-3788