



Philoptocos Speaker Series SELF-DEFENSE SEMINAR

Sunday, February 25 at noon
Ages 13 and up

Every person needs to know how to defend themselves!

The statistics are shocking. One out of every three people is subject to a physical assault over the course of their life. You can reduce the risk of being a statistic by being mentally and physically prepared. Wouldn't it be great if, in today's dangerous world, you could feel safe anywhere you go?

Losing is not an option

During this seminar you will:

- Build confidence, determination, and the good judgment necessary to prevail in a dangerous situation
- Learn how to relax and reduce the amount of stress in your life
- Defend yourself against someone trying to tackle you
- Defend yourself against someone grabbing you from different angles
- Defend yourself after you have been knocked down
- Learn which areas of the body you should strike and how to strike them

This seminar will be on Sunday, February 25 at noon. Please register no later than February 20 with Joanne at 412-225-5724 or jojo2.cope@gmail.com