

ONE-NIGHT SELF DEFENSE COURSE



SATURDAY, MARCH 25TH

6:00—8:00 PM

This class is designed to give you the skills you need to protect yourself and your loved ones.

While part of the time will be spent learning about situational awareness and how to keep yourself from being the target of an attack, most of the class will be spent learning simple, practical, and effective techniques designed to incapacitate a larger attacker.

Session Includes: One, Two-Hour Course

Date: Saturday, March 25, 2023

Time: 6:00-8:00

Cost: \$25

**Location: Cottonwood Heights Recreation Center
Dance Room**

Registration now open: chprsa.activityreg.com

\$25/participant

**Find complete program information
Cottonwoodheights.com/fitness**



Questions?
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