

Give yourself the gift of
empowerment in 2019!!

Happy New Year to You!

Women's 2 Day Self Defense Course

Learn & Practice hands-on self defense skills

Topics include: Sexual Assault, Risk
Reduction and Avoidance, Situational
Awareness, and Trusting your Intuition

Millis Town Hall Rm 130

Cost: \$25 & Ages 16+

Saturday, January 19, 2019 3p-7p

Sunday, January 20, 2019 10a-2p

Registration information:

Contact Officer Farrah Gray @

fgray@millisma.net

