

St. Anthony de Padua School
Will be hosting a
“ Women’s Self-Defense Seminar ”

On Sunday, May 20th

The Head Instructors of Bremen Family Martial Arts
Will be presenting the
“...WHAT IF ?” ...What if the unthinkable happens?
Are **YOU** or your loved ones prepared?

**This Self-Defense Seminar is
Exclusively For Women!**

(For ages 13 and above)

Doors open at 1:30 pm

Seminar will be from 2pm - 4:30pm



This Class will include:

- **Reality Based Self-Defense**
- **Situational Awareness**
- **Survival Techniques**
- **We will also discuss the good & bad of**
 - a. Concealed Carry**
 - b. Pepper Spray**
 - c. Tasers**

**Location: St. Anthony de Padua School
2310 E. Jefferson Blvd South Bend, IN 46615**

Cost: \$30 per person

For more Information and to RSVP: call 574-209-0718/574-514-8000

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**** NOTE: Every 2-1/2 minutes there is a sexual assault in the US****