



A personal safety & self-defense seminar for college students.

Because fighting like a girl is actually a very good thing!

girls FIGHT BACK!



*Voted Best Female Performer 2009
by Campus Activities Magazine*

In this seminar students will learn:

- ★ An understanding that violence can happen, even on the safest campuses
- ★ What is intuition, and how to know when it's communicating with you
- ★ Ways to reduce the risk of being victimized and strategies for staying safe
- ★ Examples of boundary setting and how to convey strong body language
- ★ Practical and effective self-defense strategies any girl can use, regardless of size
- ★ Improvised weapons that every woman carries in her purse, and how to use them

DATE:

TIME:

LOCATION:

As seen on...

