



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

Because crime and violence is a campus concern, with a campus solution.



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
- ★ How to detect violent people, trust intuition and look out for the safety of fellow students
- ★ Examples of boundary setting and how to convey strong body language
- ★ Ways to reduce the risk of being victimized and secure dorms/apartments from break-ins
- ★ Practical and effective self-defense strategies anyone can use, regardless of size
- ★ Improvised weapons that everyone carries with them everyday, and how to use them

DATE:

TIME:

LOCATION:

As seen on...

