

Rape Prevention, Awareness & Self Defense



FREE Seminar for Women Only!

*12 years of age
and older!

Come to our Third Annual Seminar for Women Only!

Gain confidence, awareness, and a greater understanding of YOUR safety through these easy to learn techniques

Chinese Shao-Lin Center for Martial Arts

18 N. Latah St, Boise, Idaho • 343-6109

www.idahoshaolin.com

Friday, February 13, 2009

6pm to 8pm

“Awareness is the number one defense in preventing assaults on women. This seminar is open to all women who are interested in improving their consciousness and acumen in the area of personal safety. Bring a friend and take advantage of this FREE 2-hour seminar!”

The doors will open at 5:30pm.
Class will start at 6:00pm.
Please wear comfortable clothing.