



“Get Fired Up” Women’s Self Defense Training Workshop

Hosted by former police officer and owner of HEAT Self Defense Jennifer Johnson, the Ashley Falls PTA will be sponsoring a beginning self defense workshop for Ashley Falls’ moms. In this course, you’ll learn basic safety tips, greater awareness of your surroundings, and key physical defense techniques.

The workshop will help you become more confident in your ability to protect yourself in a fun and supportive environment. To learn more about HEAT or Jennifer Johnson, visit:

www.heatselfdefense.com

EVENT DETAILS

- What:** Beginning Self Defense Workshop for Ashley Falls’ Moms
When: Wednesday, November 30th from 6:00 – 8:00 p.m.
Where: Ashley Falls Elementary School MUR
Cost: \$25 per person
To register: Please contact Deborah Linggi at dlinggi@gmail.com or 858-461-0387. Note that space is limited to the first 25 participants; registration is on a first come, first serve basis. Attendees are asked to come wearing comfortable clothing and sneakers.

