

EMPOWERMENT THROUGH AWARENESS, CONFIDENCE, AND SKILLS

SELF-DEFENSE & EMPOWERMENT SEMINAR FOR HEALTHCARE PROFESSIONALS

DATE: SATURDAY, MAY 30, 2026

TIME: 12-3PM

ADDRESS: RENZO GRACIE JIU JITSU ACADEMY

6752 LANTANA RD UNIT A
GREENACRES FL 33467

3 CES WILL BE AWARDED

Register at
aacnpsc.nursingnetwork.com

What You'll Learn

Situational awareness in healthcare environments
De-escalation and boundary-setting techniques
Basic self-defense strategies for real-world scenarios
How to recognize and respond to escalating behaviors
Building confidence and personal empowerment at the bedside.

