



PennState Health
Milton S. Hershey Medical Center

SELF-DEFENSE WORKSHOP

*Are you ready to take
charge of your personal
safety?*



This introductory workshop is a great first step towards taking charge of your personal safety.

During the course of the 90-minute workshop you will:

- Engage in discussion and training
- Learn how to avoid and de-escalate dangerous encounters
- Gain a better understanding of how situations unfold and develop awareness on how to minimize them

*Wear comfortable clothing for physical activity and bring a water bottle.

SATURDAY NOVEMBER 16 • 10:00 - 11:30 A.M.



SCAN ME

\$25 for UFC Members; \$40 for Non-Members

***Workshop limited to 12 participants**

Instructor: Andres Gutierrez

← **Register online today at ufc.pennstatehealth.org
or call (717) 531-7075.**