

3 Hours of Power

SELF-DEFENSE FOR WOMEN

Voice, Awareness Peace of Mind

*Connect to your strength
and have it reflected in everything you do.*

WHEN

2:00 p.m. – 5:00 p.m.
Saturday, January 14th

LOCATION

One With Heart - St Johns
8641 N Lombard Blvd.

COST – FREE

Sponsored by One With Heart

PRE-REGISTER

One With Heart Tulen Center
503-283-1313
or online at onewithheart.com

3 Hours of Power

Gain a sense of power and competence that will increase your safety and give you greater peace of mind.

This dynamic course teaches women to respond immediately to a threatening situation. Learn to trust your awareness and to assess your options for safety. Gain valuable information about preventing sexual violence and practice setting effective boundaries. Participants learn and practice multiple self-defense strategies in a safe & supportive atmosphere. *Turn fear into action™.*

One with Heart

MARTIAL ARTS * FITNESS * WELLNESS

SE HAWTHORNE
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4231 SE Hawthorne
onewithheart.com

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8641 N. Lombard
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