

# Police Event: SADY Class

Event Date

Wed, Apr 3 2024, 6 - 8pm

# EMPOWER Yourself

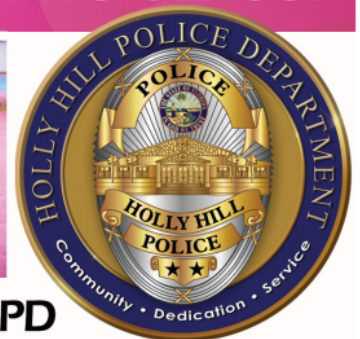
## SADY

Stay Alert & Defend Yourself

*Self Defense & Assault Prevention Class for Women*

- Learn basic escape techniques to prevent assault and attack
- Identify safe zone places for merchandise exchanges
- Identify behaviors and body language when interacting with someone
- Utilize available "props" to help alert someone for help
- Learn the importance of not leaving handbags, purses, backpacks unattended
- Learn how to stay alert at all times when confronted with danger

**THIS IS NOT A MIX MARTIAL ARTS CLASS.**



This 2-hour, hands-on class is presented by the Holly Hill PD

Class size is limited. RSVP is required.  
**Call 386-248-9423 to RSVP.**

Attendees receive a completion certificate  
**Monthly classes held at Sica Hall**  
1065 Daytona Avenue

18 and older only. Liability waiver required.

**Class Time: 6:00 - 8:00 pm**

**Upcoming Dates 2024:**

**January 3**

**February 7**

**March 6**

**April 3**

**May 1**