

Police Event: SADY Class

Event Date

Wed, Apr 3 2024, 6 - 8pm

EMPOWER Yourself



SADY

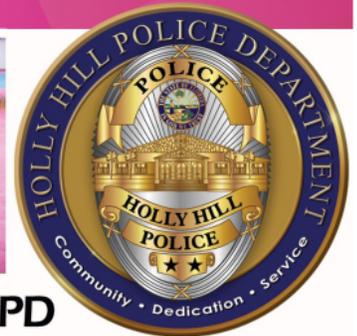
Stay Alert & Defend Yourself

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