

LADIES DO NOT BE A VICTIM!!!

LIFEFORCE PERSONAL FITNESS IN PARTNERSHIP WITH THE WILLIAMSON COUNTY SHERIFF'S OFFICE (WCSO) SELF DEFENSE ACADEMY AND CLAY MADSEN RECREATION (CMRC) CENTER WILL HOST A SERIES OF SITUATIONAL AWARENESS AND SELF DEFENSE CLASSES. THE FIRST CLASS IS A WOMENS ONLY, AND LIMITED TO 20 PARTICIPANTS.

WE ARE ACCEPTING RSVP BY EMAILING CAROLYN BRINKLEY AT RWFSELFDEFENSE@GMAIL.COM

SPACE IS LIMITED! BUT DON'T WORRY IF YOU DO NOT MAKE THIS CLASS BECAUSE WE WILL BE OFFERING MORE CLASSES ON FUTURE DATES, TBA! THESE CLASSES ARE WOMENS SELF DEFENSE CLASSES, OWEVER WE WILL HAVE FUTURE CLASSES FOR MEN, ALL AGES, ETC. IN THE FUTURE.

AGE RESTRICTIONS

ALL PARTICIPANTS MUST BE AT LEAST 18. PARTICIPANTS MAY BE 16 AS LONG AS THEY ARE ACCOMPANIED BY A PARENT OR GUARDIAN ALSO ATTENDING CLASS.

IF YOU HAVE ANY QUESTIONS ABOUT REQUIREMENTS OR ABOUT FUTURE CLASSES OR DETAILS, FEEL FREE TO CONTACT RWFSELFDEFENSE@GMAIL.COM

WE ARE EXCITED ABOUT OUR PARTNERSHIP WITH THE WCSO & CMRC AND THE OPPORTUNITY TO PREPARE CITIZENS IN OUR COMMUNITY AND SURROUNDING COMMUNITIES.

DEPUTY BRANDON SCHAEFER (WCSO) & CAROLYN BRINKLEY (LIFEFORCE)

DATE: MONDAY, JUNE 4TH, 2018

TIME: 6:30 – 8:30PM

LOCATION: CLAY MADSEN RECREATION CENTER
1600 GASTIS SCHOOL RD