

Young People's Ministries Presents WOMEN'S BASICS SELF DEFENSE SEMINAR

SATURDAY AUGUST 17TH

10 AM TO 3 PM

This is a "basic" self-defense seminar for women 17 and up. It covers and includes statistical discussion, hands on self-defense techniques and exercises to aid in awareness of potential dangers.

The cost is \$50 per person and we have only 40 spots available so sign up quick. A third of the cost will be donated to women's shelters located within the Peninsula-Delaware Conference. This seminar is only being offered to our conference and lunch will be provided.

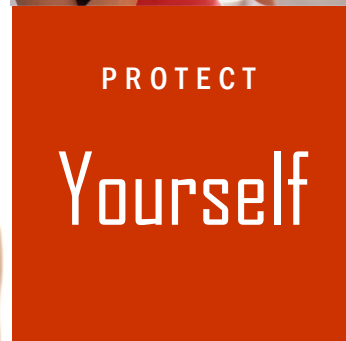
The Seminar will be held at Delaware Combat Sports in Smyrna Delaware and taught by Coach Ronnie Wuest, a 4 Stripe Brown Belt in Brazilian Jiu-Jitsu and he has over 25 years experience. Go to www.delawarecombatsports.com to learn more about Coach Ronnie.

If you have any questions please contact Rev. Scot McClymont at pastorscot1@gmail.com

For registration information contact Christine (302-674-2626 or 877-736-3351)

Or mail check to:
Pen-Del Conference
139 N. State Street
Dover, DE 19901
MEMO: Women's Self Defense

Deadline to register is August 9th.



Take Charge

Be Ready



Don't be a
Victim

