



Self-Defense/ Anti-Bully

Workshop for Kids ages 7-13



TWO DATES:

Tuesday, 6:30-7:15 pm
Oct. 9 or 23

COST:

Non-members \$5
Members Free



WHAT will be covered:

- ✓ **Understand the psychology of an attacker/bully**
- ✓ **Recognize threatening behavior patterns**
- ✓ **Learn the verbal skills to de-escalate a situation**
- ✓ **Practice physical techniques to keep you and your family safe!**

*Register to
save your spot!*

Online registration available at
www.YangsAndover.com

or stop by Front Desk.
Questions? Call and ask for Diana!



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