

S.A.F.E.

SELF-DEFENSE AWARENESS & FAMILIARIZATION EXCHANGE

- A NATIONALLY ACCREDITED PROGRAM WHICH PROMOTES THE INITIATIVE TO **STOP** VIOLENCE AGAINST TEENAGED AND ADULT WOMEN.
- A TWO HOUR AWARENESS AND EDUCATIONAL PROGRAM WILL BE TAUGHT BY A KEY BISCAVNE POLICE OFFICER WHICH INTRODUCES ASPECTS OF SELF DEFENSE.
- THIS IS A NON-CONTACT CLASS. LESSONS WILL BE TAUGHT VIA VIDEO AND DEMONSTRATION.

IF YOU WOULD LIKE TO LEARN THE REALISTIC OPTIONS THAT WILL HELP YOU AVOID, ESCAPE, AND SURVIVE ASSAULTS, THEN THIS CLASS IS RIGHT FOR YOU.

JOIN US ON

**SATURDAY, OCTOBER 13, 2012
12:00 NOON**

KEY BISCAVNE POLICE DEPARTMENT COMMUNITY ROOM

**Please call (305) 365-5555 x1128 to reserve
your space in the class**

WOMEN OF ALL AGES ARE WELCOME. TEENAGERS UNDER THE AGE OF 15 **MUST** BE ACCOMPANIED BY A PARENT/GUARDIAN.
(NO MALES ALLOWED IN CLASS).

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT OFC. KRISTINA ANDREU, S.A.F.E. INSTRUCTOR, AT (305) 365-5555, OR VIA E-MAIL, KANDREU@KBPD.NET

"90% OF SELF DEFENSE IS AWARENESS, RISK REDUCTION, AND AVOIDING CONFRONTATION; ONLY 10% IS PHYSICAL."



Physical
Self-Defense