

Personal Safety - Women's Self-Defense

Wellness Resource Center

1 E. Quarry St., Dartmouth, MA

(off Rt. 6 W, between Anchor Animal Hospital and Trio Restaurant, before Reed Rd.)

Be more prepared, learn Personal Safety strategies good for home, school, the work place, out on the town, or away on vacation. Our program has been successfully taught for over 20 years to seniors, social service agencies, women's groups and more.

Comments from participants of the program:

"The [WRC] program made me aware of situations and strategies I never thought of."

"I feel more comfortable going into a strange environment."

"The [WRC] program taught me how to be more aware of my surroundings."

The instructors of WRC Personal Safety classes include Black Belt Martial Artists and a local Law Enforcement Officer, teaching basics that everyone should know about self-defense. The Wellness Resource Center is committed to teaching everyone self-defense and has been providing Personal Safety programs to the community for over 20 years.

Times: Two (2) consecutive Mondays 6:40 - 8:30 pm per session

Cost: Members: \$50 (current aikido students, massage clients and families of both)
Non-members: \$60

Dates: Session 1: Oct. 17 + 24, 2011, 6:40 - 8:30 pm (**register by Oct. 12, 2011**)

Session 2: Nov. 21 + 28, 2011, 6:40 - 8:30 pm (**register by Nov. 16, 2011**)

(**Note:** Sessions 1 + 2 contain the same information.)

Pre-registration required. Must be 18 or older to participate.

NOTE: Each session is limited to 12 participants. Registrations accepted in the order payments received.

REGISTRATION FORM - Personal Safety - Women's Self-Defense

Name: _____ Phone (required in case of changes): _____

E-mail (optional): _____ Date of Birth: _____

(Emails used to mail out WRC newsletter, classes, and specials - WRC does not sell or trade lists)

Not intended for minors, parent or guardian must contact the Center before registering - 508-996-6054

Circle the session signing up for: Session 1: Oct. 17 + Oct. 24, 2011, 6:40 - 8:30 pm (**register by Oct. 12, 2011**)

Session 2: Nov. 21 + Nov. 28, 2011, 6:40 - 8:30 pm (**register by Nov. 16, 2011**)

Cost: Members: \$50 (current aikido students, massage clients and families of both)
Non-members: \$60

Payment must accompany registration to be accepted as a registrant.

Please send registration and payment to: (Make checks payable to: **Wellness Resource Center**)

Wellness Resource Center
1 E. Quarry St.
Dartmouth, MA 02747

Email: info@wrc1.com
Phone: 508-996-6054
Web: www.wrc1.com