

ARE YOU BEING FOLLOWED?

DO YOU WANT TO FEEL SAFER?

SELF DEFENSE COURSE

***Designed for women,
by a certified instructor***

**SUNDAY OCTOBER 22ND
1:30 - 4:30 PM
KOMBAT ARTS TRAINING
ACADEMY
MISSISSAUGA, ONTARIO**

***All proceeds go
to the Halton
Women's Place***

***Sponsored by:
The Karen Shank
Foundation***



www.karenshankfoundation.org

WHAT IS IT?

Self defense is a conscious, proactive approach to living your life. It heightens your awareness, assertiveness and the developments of strategies to avoid a confrontation or to manipulate a situation in your favour.

This 3 hour course is taught by instructor **Linda Langerak** using simple steps that are easy for anyone to learn. Linda is certified through the AWSDA (American Women's Self Defense Association) and founder of RAVEN self defense (rape and violence extinction now).

WHERE IS IT?

1110 KAMATO ROAD, UNIT 4
MISSISSAUGA, ONTARIO
(NEAR DIXIE / 401)



The cost for this 3 hour instruction is **\$30 per person**, with all proceeds going directly to Halton Women's Place. Please visit our website to find out more at www.karenshankfoundation.org. You can register online at our website or send an email to james@karenshankfoundation.org. Refreshments will be provided, and please remember to wear comfortable clothing.

WHO ARE WE?

The **Karen Shank Foundation** is a public organization founded for the purposes of helping other charities in the Greater Toronto Area through monetary contributions and volunteer work initiatives. The Foundation also seeks to teach and encourage volunteerism through participation in community activities.

Halton Women's Place is an organization providing shelter and crisis services for physically, emotionally, financially and sexually abused women and their dependent children and is dedicated to ending violence against women and their children.

**Karen Shank Foundation • www.karenshankfoundation.org
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