



**empower
the girls**

Personal Safety Training 101

just in case

GET EMPOWERED!

Chances are, as our teen girls are becoming more independent, there's one thing they're not likely to be focusing on – their own personal safety!

That's why we prepare teens and young women to navigate their world with safety and confidence
JUST IN CASE.

This is a fantastic opportunity to empower young women with the practical personal safety and self-defense skills they need to reduce their risk of becoming a victim.

REGISTER TODAY at www.empowerthegirls.net
or **CALL** Ellen van Olden at 954-255-6300 to
organize a private group session!

WWW.EMPOWERTHEGIRLS.NET