



Join Deputies Dave Spicer and Kyle Gee in a basic self-defense class. Women will learn:

- Situational Awareness
- Defense from common holds
- Ground Defense
- Effective Body Strikes

This training is open to women 18 and up.

This course will involve physical activity. Please wear comfortable clothing.

Course is free but will be accepting donations for HCC Back Pack Program at Houston

Items needed: cheese and crackers, Cheez-It crackers, Rice Krispies Treats, juice boxes, any small snack packs, etc.

Classes are November 12th and November 19th from 6:30 PM-8:30 PM.

Location: Hardin-Houston Local School

Maximum of 20 women per class. Please contact Lt. Steiner at Shelby County Sheriff's Office.

Contact info:

cori.steiner@shelbycountysheriff.com

Or (937) 494-2109