



FREE

WOMAN'S SELF-DEFENSE COURSE

in Otisville, NY

Could you be Safer?

What would you do if a stranger or even someone you know assaults you?

Where: Busy Bees, Upstairs at the Grange in Otisville, NY

When: Thursday, November 20th, 2008

Time: 7pm-8:30pm

Must Pre-Register at www.AikidoNY.com Space is Limited!

Or Call: 845-742-0067 Google words: self defense Monticello

Are you interested or know someone who would enjoy participating in a Woman's Self-Defense Course?

Did you know that One rape or sexual assault occurs every two minutes?

261,000 rapes and sexual assaults occurred in the U.S. in 2000.

Statistics from: National Center for Victims of Crime - Year 2000

This seminar will be fun and interactive and leave you empowered and confident when living your life.

There will free gifts, cake, and coffee at the end of the presentation.

Place: Busy Bee Pre-School, Upstairs at the Grange on County Route 11 in Otisville, NY

Brought to you by: [The Aikido School of Self-Defense, 6 Mountain Mall, Monticello, NY, 12701](#)

You will receive a confirmation email upon registration on what to bring and wear.

See you there, don't forget to bring your friend, daughter, colleague, etc.