

**Dearborn Heights Parks and Recreation Department
is pleased to offer**

Women's Self-Defense Seminar

This one day seminar is designed to help women and girls 12 years and older build their self-confidence and reduce vulnerability to attack. The class is instructed by Master Gordon Schollenberger, a retired Dearborn Heights police officer and fourth degree black belt. Learn methods to increase your awareness and protect and defend yourself. You will learn mental preparation, targets, everyday tips, and how to use your built-in weapons.

LOCATION

**Richard A. Young Recreation Center
5400 McKinley, Dearborn Heights**

**Saturday, April 13, 2019
12:00 p.m. – 3:00 p.m.**

**The cost is \$30.00 per student.
Pre-registration required by April 9. Minimum 10 students to run class.
Make checks payable to Gordon Schollenberger.**

Students are urged to wear comfortable, loose fitting clothing.



**Please call the Richard A. Young Recreation Center at (313) 277-7080 for details.
Or visit our website at www.ci.dearborn-heights.mi.us**