

# WOMEN & TEENS PERSONAL SAFETY TRAINING

Saturdays  
1-5pm

## APRIL 17-MAY 1

### POWERFUL DEFENSES FOR FRONTAL CONFRONTATIONS FRONT ATTACKS & REAR GRABS

Assertiveness, Boundaries, De-escalation,  
& Physical Techniques from Model Mugging  
for Self Defense against Front Attacks and Rear  
Grabs. Expert instruction and individual attention.

*Increase  
personal power,  
safety, and  
confidence.*

*Learn to use  
your "built-in"  
weapons*

#### TAUGHT BY MARY TESORO & STAFF

Includes book, *Options for Avoiding Assault* (\$19.95)

**Sponsored by SAFE-SLO NONPROFIT Providing Alternatives to Violence**  
**209 Bonetti, San Luis Obispo 93406 / 544-8866 / safeslo@me.com**

Cost: \$160 \*\*\* a \$75 Safe-SLO Scholarship is available to any woman who needs it,  
is not funded by another agency, and is enrolled by March 31<sup>st</sup> **Cost With Scholarship: \$85**

**To Enroll, Send Lower Portion by March 31.**

\$50 minimum deposit. Balance due April 15.

#### APPLICATION FOR SAFE-SLO NONPROFIT 2010 PERSONAL SAFETY TRAINING

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email Address: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Register by March 31 with minimum \$50 deposit. Balance due April 15

CHECK: Please make your check payable to Safe-SLO Nonprofit.

CREDIT CARD: To use a credit card, please complete this section:

Please charge \$85 to my Visa or Mastercard # \_\_\_\_\_ Exp: \_\_\_\_\_

Cardholder name \_\_\_\_\_ Signature: \_\_\_\_\_ Today's Date: \_\_\_\_\_