

Women's Situational Awareness and Personal Safety Seminar



Learn to recognize and avoid dangerous situations.

Learn how to carry yourself to prevent becoming a victim.

Develop Safety Strategies and Habits to protect you.

Learn effective self-defense techniques in response to some of the most common types of attacks.

- **FREE SEMINAR!**
- **DON'T FORGET TO BRING A FRIEND!**
- **REFRESHMENTS PROVIDED!**

Thursday, August 27, 2015 6pm-8pm

Avon Free Public Library

(Community Room)

Hosted by: Avon Police Department

Refuse To Be A Victim.®

**To Attend: Call the Chief's Office
860-409-4214 by 8/24/15**

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MARK RINALDO
CHIEF OF POLICE
AVON POLICE DEPARTMENT