



Self-Defense Workshop

Saturday, July 15, 2017, 10:00am to 1:00pm

Location: Immanuel Presbyterian Church
1125 Savile Lane, McLean, VA 22101

Fee: \$20 per person

Open to Adults & Teens

The workshop will focus on fundamentals of boundary-setting, assertiveness and physical self-defense. Participants will practice responding to simulated attack scenarios with acquaintances, as this is the highest risk category.

This workshop is being underwritten in part by the Endowment of Immanuel Presbyterian Church. Instruction is being provided by D.C. Impact, a non-profit, tax-exempt organization and a member of Impact International, a group that maintains safety & ethical standards for full-force self-defense courses. For further information, please visit www.dciimpact.org

REGISTRATION FORM

Registrant(s) Name(s): _____

Age(s): _____

Phone Number: _____

E-Mail: _____

Please return to IPC, 1125 Savile Lane, McLean, VA 22101 with check for \$20 per participant, payable to Immanuel Presbyterian Church. Questions? Call us at (703) 356-3042