

# **ATTENTION: ALL FCC WOMEN**

**PROGRAM & DINNER:  
THURSDAY, SEPTEMBER 25<sup>TH</sup>, 6:30 P.M.  
FELLOWSHIP HALL**

## **REDUCING YOUR RISK..... SELF PROTECTION IN A WORLD OF UNCERTAINTY**

**This evening will be filled with food, FUN, \$2.00 raffles, fellowship and a very important and informative program. You will probably want to bring your teenage daughters as this will be a good safety class for them.**

**This hour lecture, conducted by Jeanne Penton, Certified Personal Trainer and consultant on Women's Safety, is designed to make you more aware, prepared and ready for any situation that may occur in your everyday life on any given day.**

### **Topics discussed during lecture will be:**

- \*Awareness skills and advice on avoiding dangerous situations**
- \*Techniques to help you discourage an attack**
- \*Learn how to dress appropriately in order to move quickly if need be.....Learn what clothing provokes an attack**
- \*Learn how to trust your instincts in social situations**
- \*Learn not only to fight back, but more importantly, how to escape or avoid an attack all together**
- \*Tips on purse, passport and jewelry safety**
- \*Easy techniques will be taught on how to escape the grips of an attacker**
- \*Class overview handouts**

**Space is limited so RSVP by Friday, September 19<sup>th</sup> to Lisa at 815-459-6010.**

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