

# Ultimate Women's Self-Defense Seminar

## August 19, 2008

At

**The Chiropractic & Wellness Group**

10025 W Greenfield Ave., West Allis, WI 53214  
6:30-8:30 pm

Wes Manko, President of DEFENSEWORKS, Women's Self-Defense instructor of Mount Mary College, and author of the book *How To Be Safe No Matter What*, will conduct a personal safety and self-defense seminar for women ages 14 and up.

### DISCOVER HOW YOU CAN:

- Develop your intuition and use psychology to avoid violence
- Overcome your fear during an attack and avoid injury
- How to talk to a man to make him obey you or leave you alone
- Use self-defense techniques from a standing, sitting or lying position that don't rely on strength or size
- Defend against grabs, slaps, punches, weapons, as well as deadly acquaintance and stranger assaults
- Avoid being a target on the street and protect yourself at home, too
- Deal with a stalker and avoid workplace violence
- Subdue a larger assailant as well as defend yourself against a group attack and much, much more.....

**Register early, space is limited!**

Cost \$60.00 at the door or pre-register for \$50.00  
by calling at 414-292-3499

Space is limited to the first 20 people

For more info, visit [www.defenseworks.us](http://www.defenseworks.us)