

DEFENSEWORKS™ presents...

Wesley Manko

Award winning speaker, author, trainer, consultant and certified Systema Instructor. Over the last several years, Wes has conducted programs for Fortune 500 companies, Domestic Abuse Prevention Organizations and the United States Marines where he has shared his practical and realistic information about ways to increase personal safety, prevent violence and use effective self-defence when necessary.



BEST SELF-DEFENSE FOR WOMEN

3 hours of realistic, physical training to defend against most types of attacks!

As seen on **CBS, WTMJ & The Morning Blend** TV Show!
Sunday November 22nd, 2009 from 11:00AM to 2:00PM at
Willy Street Co-op. 1221 Williamson St. Community Room
Please bring comfortable clothing to wear

Suitable for women ages 14 years and over!

\$45.00 per person prior to November 16th or **\$65.00** per person
after November 16th and at the door. Seminar fees are not refundable.

**Price includes FREE Book to protect your self and your
kids!!!**

To obtain more information call 414-332-0599 or go to www.defenseworks.us and
email wes@defenseworks.us

Mail this Registration Form with Check made payable to DEFENSEWORKS to:

DEFENSEWORKS, c/o Mr. Wesley Manko, 4947 N. Wildwood Ave., Whitefish Bay, WI 53217

Please use only one registration form per participant. Under the age of 18 requires a parental release form

Name _____ E-
mail _____

Address _____ City _____ Zip _____ Phone _____