

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 SEMINAR

As seen on CBS, WTMJ & The Morning Blend TV Shows!

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

Saturday January 30th from 9:00AM till Noon at the
Kenosha Masonic Center, 807 61st St. Call 262-657-1084
for registration information. Cost \$30.00 per person.

**ESPEICALLY IDEAL FOR WOMEN IN AT RISK
PROFESSIONS OF TEACHING, NURSING & SOCIAL WORK**

“All of the 148 students who participated in the conference did complete evaluation forms about the entire event. We were very pleased with the students’ responses. First of all, in regards to the workshops, we received nothing but positive comments about the information presented and how that information was presented

Mary Placzowski, Child/Youth Program Director, Advocates of Ozaukee - Working to end domestic and sexual violence

“This course should be part of in-service training for every teacher in Wisconsin. As a former teacher, I can say that these techniques would provide an increased measure of safety for all teachers.”

State Representative Marlin Schneider

“The Workshop was very informative and interesting. The feedback I received from the ladies that attended was very positive. Personally, I found the information on psychological strategies to prevent or circumvent a physical confrontation interesting and intuitive and I already find myself more aware of my surroundings. Thank you for sharing your knowledge and expertise with us.”

Barb Grlica, Secretary, Society of Women Engineers – Wisconsin Section

Please bring comfortable clothing to wear

Suitable for women ages 14 years and over!