

**LEE COUNTY SHERIFF'S OFFICE  
SHERIFF CARMINE MARCENO**



# **ARE YOU READY?**

**RESPOND WITH EMPOWERMENT AND  
AWARENESS TO DEFEND YOURSELF**

**A FREE WOMEN'S BASIC SELF DEFENSE COURSE**

**LEARN: SITUATIONAL AWARENESS, CRISIS REHEARSAL, CONFIDENCE,  
CONFRONTATIONAL SKILLS, DEFENSIVE & SAFETY TACTICS**

**DATE: FRIDAY, JULY 10<sup>TH</sup>**

**TIME: 4:00 TO 6:00 PM**

**LOCATION: 9918 GULF COAST  
MAIN STREET, #B120,  
FORT MYERS, FL 33913**

**TO REGISTER: EMAIL  
[CLONG@SHERIFFLEEFL.ORG](mailto:CLONG@SHERIFFLEEFL.ORG)**



**REGISTRATION IS REQUIRED**

