

**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, AUGUST 21ST

TIME: 4:00 TO 6:00 PM

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

**TO REGISTER: EMAIL
CLONG@SHERIFFLEEFL.ORG**



REGISTRATION IS REQUIRED

**gulf coast
TOWN CENTER**