

**THURSDAY, MAY 25th**  
**6:30 - 7:30 pm**

**FREE  
EVENT!**

# WOMEN'S DEFENSIVE MINDSET & PRACTICAL SKILLS WORKSHOP

**An unarmed workshop to prepare your mind and body for the unthinkable.**

## Prepare your Mind:

- Don't be the bad guy's target.
- Prepare yourself *now* – if you find yourself in the situation, know you are worth it and you *will* survive!

## Prepare your Body:

- What will stop the bad guy?
- Learn the physical techniques you'll need to survive and thrive.



**Certain Victory Martial Arts & Fitness**  
640 Boston Post Road East  
Marlborough, MA 01752  
Phone : 508-733-5564

## RESERVE YOUR SPOT TODAY!

[cvmuaythai@gmail.com](mailto:cvmuaythai@gmail.com)

Full Name, Mailing Address, Contact Info  
& any questions you may have....

We will email confirmation and location  
directions to you. Space is limited to the  
first 12 ladies to register.

Students in 9th-12th grades are WELCOME if par-  
ent/guardian is also attending. Get prepared today!