

Women's Self-Defense

FREE

Please join us for a free 2 hour self-defense class on November 6th at the Southwest YMCA. This class will be conducted in a friendly and safe training environment and will focus on:

- **reducing risk**
- **increasing awareness**
- **learning basic self-defense techniques**

This is a hands on class so please wear comfortable clothing. There is no cost to attend but registration is required. Please contact the instructor, Brian Gillaspie, at 785-230-4434 or bgillaspie30@gmail.com to register or to request additional information.

Date and Time: November 6th from 10:00-12:00

Location: Southwest YMCA

Ages: 14 and older

Cost: The class is free but donations will be accepted for the YMCA Caring for People Campaign.

- **1 in 6 women will be a victim of sexual assault in their lifetime**
- **College age women are 4 times more likely to be sexually assaulted**
- **In 2009, the number of forcible rapes was estimated at 88,097**
- **Approximately 73% of rape victims know their assailants**