

# Self-Defense Training



## Introduction to Self-Defense

Methodist employees are invited to a free class led by two self-defense experts with 50 years of combined experience. Participants will:

- Review health care-focused situational awareness and preparedness
- Learn basic hands-on techniques
- Receive a self-defense tool

Space is limited to 50 registrants. This class is hosted by Human Resources and Employee Health.

### Class Details

Friday, October 25  
3-6 p.m.

Farrell's Extreme Bodyshaping  
18101 R Plaza #103



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