



Friday, February 11, 2022
7:00-8:30 pm
1975 8th St SW, Altoona
(LCC Cross Creek Building)
Register:

[Think Safe Self Defense Registration](https://sparkpages.io/cart/2/?i=oGH&c=&ocu=)
<https://sparkpages.io/cart/2/?i=oGH&c=&ocu=>

This 90-minute session is presented by Think SAFE Self-Defense, and will cover the Basics of Self-Defense, Prevention Strategies, and simple ways to avoid or escape a violent encounter.

****Appropriate for ANY AGE****

Sponsored by Triumph Martial Arts and Hannah Schwemm, SEP Junior
All proceeds from this event will be donated to the Leukemia and Lymphoma Society.