



PUNCHES & PIZZA

WOMEN'S SELF-DEFENSE, LUNCH & NETWORKING

We are excited to offer this free event just for the women of the environmental profession. Come learn self-defense strategies specifically tailored for women during a 4-hour hands-on seminar. This event will be followed by pizza and networking at a nearby local pizzeria. Lunch will be provided.

- Learn in a fun and stress-free environment.
- Suitable for all ages and fitness levels.
- Network with other women in the environmental field.

Come learn:

- ✓ Situational awareness while on the job and off
- ✓ Basic fundamentals of proper punches and kicks
- ✓ Escapes and counter-attacks for common attacks on women
- ✓ And more

REGISTRATION

Register at www.NAEP-SC.org

You must register by

Friday, May 3

COSTS

NAEP-SC Members - **FREE**

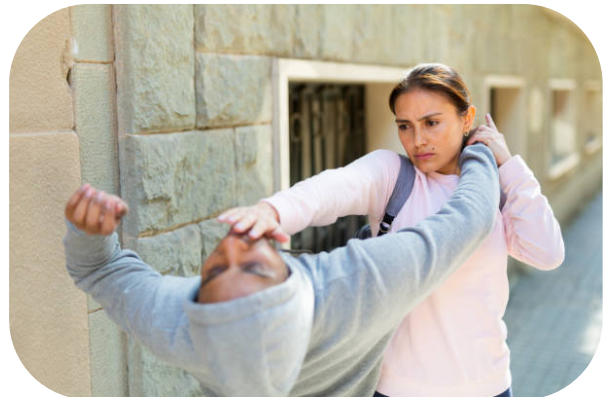
All students - **FREE**

Non-members - \$15



"Let's add self-defense to our safety training and protocol."

- No Company Ever



9 AM - 2 PM

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MAY

BGR8 Martial Arts

130 Hunter Village Drive,
Suite C

Irmo, SC 29063