



Self-Defense Techniques to Keep You Safe

Presented by Sgt. Jennifer Boswell

City of Roanoke Police Department Self Defense expert Sgt. Jennifer Boswell and her team will share ways to avoid potential dangerous situations encountered in our everyday life. During this session, they will demonstrate tactics to help us in the event we find ourselves in need of escaping a dangerous situation. Come prepared for a hands-on, interactive session!

And bring a friend or co-worker!

Thursday, February 9, 2017 | 11:30 a.m. to 1:00 p.m.

Note Alternate Meeting Location:

Roanoke Valley Association of REALTORS® Office
4358 Starkey Road, Roanoke 24018
Catering by Wildwood Smokehouse

Meeting Fee | Members - \$20.00 | Non-Members - \$25.00

Fee includes presentation and lunch | Great News! We now can accept payment by credit card!

RSVP to Patti Dickerson by e-mail at: pdickerson@virginiatitlecenter.com
Or fax your RSVP to Patti Dickerson at 540.772.0639

Yes, I Look Forward to Attending this Meeting

Member
 Non-Member

Company Name: _____

Phone: _____ E-mail: _____

Attendee: _____ Attendee: _____

Attendee: _____ Attendee: _____

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*** Please notify us in advance of any dietary restrictions. ***