

# SELF-DEFENSE COURSE

## Tri-County Career Center – Adult Programs

This course will provide educational opportunities for women, children, men and seniors to create a safer future. The program includes educational components comprised of lecture, discussion, physical resistive strategies and hands-on skills. Learn to predict, prevent, identify and avoid violence.

You will be faced with scenarios to make you think of safer ways to react in emergency situations. At the end of the program, you should be empowered to predict, identify and avoid violence, and as a last resort be able to react to protect yourself.

In the event that a class is delayed or canceled, all fees paid will be refunded in full by the Career Center. Refunds due to students will be processed no later than 45 days from the date of determination.



Class size is limited to 14 participants.  
Call today to register  
740-753-5464  
800-637-6508 ext. 3

Class will be offered monthly

Every Wednesday for 4 consecutive weeks

6:00 to 8:00pm (total of 8-hour training)

\$35.00 (Price is subject to change.)

### Class Start Dates

August 9, 2017  
September 6, 2017  
October 4, 2017  
November 1, 2017



Tri-County Career Center – Adult Office  
15676 State Route 691, Nelsonville, OH 45764  
740-753-5464 or 800-637-6508 ext. 3  
[www.tricountyhightech.com](http://www.tricountyhightech.com)

*The mission of Tri-County Career Center is to inspire, challenge and prepare students to reach their career potential.*

Tri-County Career Center has dedicated itself to providing equal admission opportunities, equal education opportunities and equal employment opportunities to all people regardless of race, color, national origin, ancestry, citizenship status, religion, sex, economic status, age, disability, military status, or on the basis of legally acquired genetic information.

Revised 7/17/17 ks