

EMPOWERING WOMEN TO ESCAPE ALIVE!

Jane Doe No More and the professional team at **East Coast Training Systems** are proud to announce FREE self-defense training classes for women and girls ages 12 and over.

Participants learn awareness and prevention tips, escape strategies, and striking techniques designed to disable assailants and enable escape.

There are no pre-requisites for our classes: Escape Alive participants work at their own pace to learn skills and techniques that will work for them, regardless of age, strength, size or prior training.

For more information, email info@janedoenomore.org

Mother/Daughter classes are open to individuals, not only mothers and their daughters.

All participants under the age of 18 must be accompanied by a parent/guardian or have a signed waiver at time of entry.

Give yourself a fighting chance: Escape Alive.



UPCOMING
MOTHER/DAUGHTER CLASS

**Saturday,
March 7, 2020
1:00pm - 5:00pm**

**WCSU
Westside Campus
Center Ballroom
43 Lake Ave. Ext.
Danbury, CT 06810**

Hosted by
WOMEN'S
BUSINESS
COUNCIL

Register at
janedoenomore.org
or call 203-729-0245.

**Jane Doe
no more** In partnership with:



Class Sponsor

Fairfield County's
**Community
Foundation**

TOGETHER WE THRIVE

