

# Practical Self-Defence & Personal Safety Course



Learn simple & effective strategies to help keep you and your family safe in today's growing violent society!

Suitable for all men and women aged 16 years and over. Perfect for college students, single home owners or for family awareness.

This is NOT a fighting course - classes are taught in a friendly, safe and productive manner!

At The Methodist Church Hall, Main Street, Egremont.  
Wednesdays - 6pm to 7pm  
Rolling 6-Week Courses Starting May 2014

**BOOK NOW!**

Call 07801 531 914 or email [info@eskk.co.uk](mailto:info@eskk.co.uk)

