



## *Domestic Violence Brain Injury Program*

# T.A.K.E. Women's Self Defense Training

Most women, at some point in their life, have been in a situation where they feel a bit uncomfortable and uneasy. Through a collaboration with The Ali Kemp Educational Foundation (T.A.K.E.), Barrow will host a complimentary women's self-defense class, which will provide education and training to help increase confidence and peace of mind.

The two-hour class will provide priceless awareness, education, and practical application of skills learned in the session. The course also covers internet safety, community safety, home safety, safe travel, and more. Upon completion of the course, participants will gain a better sense of control and advantage in situations that make them question their safety. *Power: You have it in you.*

Each session will consist of a 30-minute teaching session followed by demonstration and application of self-defense skills.

Registration is free. Sign up at [BarrowNeuro.org/TAKE](https://BarrowNeuro.org/TAKE) or click below.

For more information, contact: Suzanne Wheeler  
[Suzanne.Wheeler@DignityHealth.org](mailto:Suzanne.Wheeler@DignityHealth.org)

### **In-Person**

Open to any woman or girl age 12 and up.

**Sunday, October 16, 2022**

**First Session:** 10:00 a.m. PDT

**Second Session:** 2:00 p.m. PDT

Sonntag Pavilion  
2910 North 3rd Avenue  
Phoenix, Arizona 85013