

OPEN TO WOMEN  
AND GIRLS OVER 14

# SENATOR SCOTT WILK HOSTS A WOMEN'S SAFETY AND SELF-DEFENSE WORKSHOP

WITH BONNIE FORMIA OF KRAV MAGA SELF-DEFENSE

**SATURDAY, APRIL 22, 2017 • 10 AM – 12 PM**

Newhall Community Center • 22421 Market St., Newhall

April is Sexual Assault Awareness Month in California. Knowing how to protect yourself & spot potentially dangerous situations are key in avoiding trouble. This course will offer simple techniques to avoid assault. It will be hands-on training, so be sure to dress comfortably in workout wear.

For safety reasons, please do not attend if you are pregnant or have back or neck problems.

For more information or to RSVP, email [KRIS.HOUGH@SEN.CA.GOV](mailto:KRIS.HOUGH@SEN.CA.GOV) or call the district office at 661.286.1471.