

## Self Defense Classes For Women In Livingston County

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### **Self Defense Classes For Women In Livingston County**

#### **News**

Posted by : Randy

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The Livingston County Sheriff's Office is partnering with Power Up to provide a self defense class geared toward all women ages 12 and older.



Sheriff Cox says that POWER UP enhances and builds self confidence, awareness, and personal safety for those who attend. It is an excellent class for all women.

POWER UP is a life long gift for ladies in high school or college, moms, grand mothers, or anyone concerned for their personal safety. It is one of the best gifts you can give your mother or daughter!

Classes are to be held Friday, August 9th from 6:00 p.m. to 9:00 p.m. & Saturday, August 10th from 8:00 a.m. to 5:00 p.m.

You may enroll by printing an enrollment form and include payment of \$25 person, and mailing, emailing or faxing your enrollment form to the following.

Email: [powerupwomen@hotmail.com](mailto:powerupwomen@hotmail.com)

Phone: Sarah at 816-716-1858

Sheriff Cox at 660-646-0515.

Registration is required by July 31, 2013.