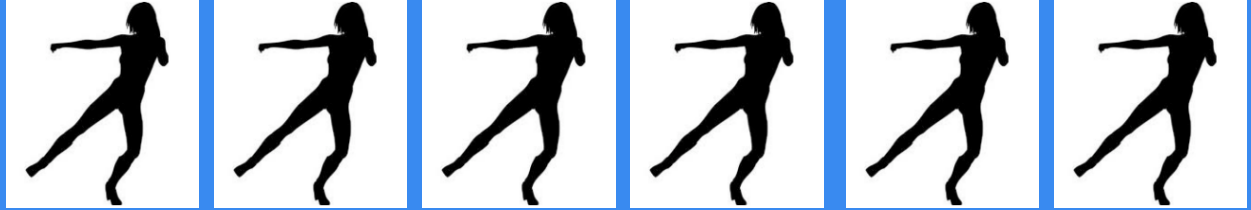


Temple Kol Ami Sisterhood

Welcomes ALL Women to a FREE
Women's Self-Defense Program



Wednesday, October 14, 2015

Begins Promptly at 7:00 PM- 9:00 PM

Temple Kol Ami- Conrad Hall

5085 Walnut Lake Road, West Bloomfield

Reservations Required - RSVP to Judi Zimmermann

248 231-7224 bridgeknitter@gmail.com

Light Refreshments will be served

*****Please bring items to donate to Haven Women's Shelter*****

Please wear comfortable clothing and shoes

TRAINING OBJECTIVE:

To give women of all ages basic prevention and self-defense knowledge and skills along with the mental ability to recognize and formulate choices during life-threatening or dangerous situations.

INSTRUCTOR: SERGEANT JENNIFER MILES

Sergeant Miles was the first female operator of the Oakland County SWAT Team, prior to her promotion to Sergeant. She has been teaching Women's Self Defense for over 7 years. In 2014, she was presented with the Oakland County Coordinating Council against Domestic Violence (OCCCDV) award for her efforts with the program. She is a member of the National Association of Women Law Enforcement Executives and the National Association of Professional Women.



