



*Nevada Chapter AGC and
Elite Consulting & Training present:*

Self Defense for Women

*Do you want to
learn **self defense**
And **awareness**
techniques that Work?*

*Do you know what
to do if you were
attacked by
someone **bigger**
and **stronger**
than you are?*

Thursday, July 22 & Friday, July 23

3:00 to 5:00 p.m.

AGC Training Center

5400 Mill Street

\$25 for AGC members and their families

This 4-hour class will teach you:

- Techniques to Ward Off Attackers
- Awareness to Surroundings at All Times
- Simple Life Saving Training



James Ingeldue
President

o: 775 626 9100
www.eliteconsultingandtraining.com

RSVP to LynnD@NevadaAGC.org or fax this form to AGC @
775-329-6575

Questions? Call AGC at 775-329-6116

Names of attendees:

Company

Email

Wear athletic clothing for training

NOTE: Because the AGC must be protected from losses on events, participants are responsible for the cost of their advance reservations whether they attend or not, unless notice of cancellation is received by the AGC no later than 48 hours prior to the event.

