



Self-defense Techniques Class

Presented by our affiliate's Police Department

Saturday, Aug. 10

9-11:30 a.m.

Prisma Health* Life Center, Classroom 1

875 W. Faris Rd., Greenville

Join us for a FREE 2.5-hour assault awareness and prevention program. The program consists of 1 hour of classroom instruction and 1.5 hours of studio practice learning self-defense techniques.

Techniques include choke and wrist release, clothing grasp release, ground defense and any individual concerns or questions.

Space is limited to 15 (minimum of 6), so sign up for this free session by Thursday, Aug. 8.

For more information or to register, call the Life Center Front Desk at **864-455-4231**.

**GHS and Palmetto Health have joined to become Prisma Health.*