



**is pleased to offer a Full Day workshop
on Saturday, November 14th 9-3**

PERSONAL SAFETY FOR WOMEN

As the holidays approach and the days get shorter, we become increasingly aware of our vulnerability. Are you doing everything that you can to stay safe this season? Would you like some tips to avoid becoming a victim? Do you know what to do if someone attempts to take advantage of you? Could you defend yourself? What if you knew just a few things to do in an emergency that could ward off an attack?

November 14, 2015

9:00 am – 3:00 pm

Carousel Park & Equestrian Center

~~\$125~~ \$100 **Special Holiday Pricing!**

PRE-REGISTRATION REQUIRED



Carl Pace is an expert in the field of personal protection, self defense and security training. He is a retired Deputy Sheriff and certified instructor with a variety of skill sets and a love for teaching what he knows.

The Healing with Horses team will join forces with Carl for a learning experience that you will not forget. This six-hour class will consist of group learning as well as hands on activities. You will interact with horses but all exercises will be conducted on the ground, so no riding experience is necessary.

We will be holding this workshop at the Carousel Park and Equestrian Center

located at 3700 Limestone Rd. Wilmington, DE 19808. Please dress in layers and wear closed toe shoes, as a portion of the workshop will take place in an outdoor arena. Lunch will be provided.



Class size is limited so don't wait!

To register or for further information visit our website at healingwithhorsesinc.org
or contact us by phone at 302-203-8771.