



**HOSTED BY
SHERIFF PEYTON C. GRINNELL
&
THE LAKE COUNTY SHERIFF'S OFFICE**

The Lake County Sheriff's Office will be offering a program to assist you in developing your own plan to protect yourself. It will educate women on awareness, avoidance, prevention and proven self-defense techniques. The tactics and techniques taught, will be done in a combination of classroom and practical application. Previous experience is not needed, nor any specific level of fitness.

Former students range in age from 14 to 83.

Class Dates:

August 19, 2017 | September 23, 2017 | October 28, 2017

Location:

**Institute of Public Safety (IPS)
12900 Lane Park Cutoff Rd
Tavares, FL 32778**

For more information visit:

www.lcso.org and click on "Stay Safe"