

## Thursday October 26

DOGWOOD THEATER • 1 - 2:30 PM • A FREE EVENT



"Fighting Back" is a mindset in which we protect ourselves by refusing to ignore danger, honoring our intuition, setting personal boundaries, and learning physical and verbal self-defense strategies. This dynamic presentation (no-contact) combines core values, a fun and empowering attitude, and the best safety and self-defense methods available to protect yourself and others. Open to all. Bring a friend or family member.

## NICOLE SNELL, PRESENTER

Nicole is a certified Students Fight Back Speaker & IMPACT Personal Safety Instructor. She is an NACP Credentialed Victim Advocate and has studied dating and domestic violence, power arousal, stalking situations and predatory behavior. She has extensive training in full-contact physical self-defense including ground fighting, weapons defense and multiple assailant attacks.





