

# FIGHT BACK!

Thur Nov 20th @ 2:45 PM, \$30

email [ksabo@hpregonal.org](mailto:ksabo@hpregonal.org) to register!

**According to the FBI, 1 in 6 Women are sexually assaulted in their lifetime. Don't let it happen to you.**



Women 14 and older. Join us for a 2-hour women's only self-defense seminar  
2:45 PM - 4:45 PM in the Gym.



**\$30 | THUR 20 NOV 2014 | 2:45 P - 4:45 P | HIGH POINT REGIONAL H.S.**  
**862-266-5089 | [www.Bluetitanfitness.com](http://www.Bluetitanfitness.com) | [info@Bluetitanfitness.com](mailto:info@Bluetitanfitness.com)**

**EMAIL MRS. SABO TO REGISTER!**  
[ksabo@hpregonal.org](mailto:ksabo@hpregonal.org)

Krav Maga is an Israeli Self-Defense system designed to work under a broad set of circumstances for people of varied ages, sizes, shapes or abilities. It is a real-world self-defense, not a mat room martial art. Learn to protect yourself & your family. Get in Shape. Go Home Safe.

