

# WOMEN...

# UNITE AGAINST CRIME!

**VENUE:** Westville Jaame Masjid  
Basement (Meerut Road)

**DATE:** 10 December 2016

**TIME:** 9:30am – 12:00pm

**Ladies, YOU CAN become part of the solution!!**

This **CRIME COMBATTING WORKSHOP** includes:

- ★ Basics of self defence and staying safe
- ★ Cultivating the correct mental attitude
- ★ Physical aspects of a confrontation
- ★ Dealing with fear
- ★ Unarmed combat
- ★ Using weapons
- ★ Basic intro to firearms and usage
- ★ Neighbourhood watch

**Free Entry. Registration at Entrance.**

**FEMALES ONLY!**

*Programme subject to change without prior notification*



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