



# AWARE BASIC SELF DEFENSE

Our clients gave a **4 out of 5** rating when asked, "After the class today, do you feel confident about continuing to practice the skills you learned today?" Their confidence improved by over half in their abilities to self-defend if needed because they took the AWARE class.

## LEARN :

- ✓ How Your Brain Processes Trauma.
- ✓ How to block.
- ✓ How to release a hold.

Learn why we fight, freeze, flee, and fawn when traumatic situations happen. We aim to help you be more AWARE and learn new tools that equip your brain to flee or fight when needed.



**We asked , "What was one of your biggest take aways?"**

"Ways to break away from different kinds of attacks "

"Learning about headlock was new. Also the wrist holds were very informative ."



Scan the QR Code to register today for the September 30th training.

 [herwell.org](https://herwell.org)