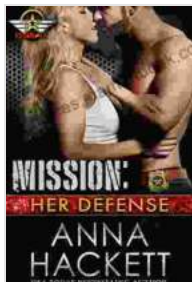


Mission Her Defense Team 52: Empowering Women Through Self-Defense



Mission: Her Defense (Team 52 Book 4) by Anna Hackett

★★★★☆ 4.6 out of 5

Language : English
File size : 6553 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 198 pages
Lending : Enabled



Mission Her Defense Team 52 is a non-profit organization that empowers women of all ages through self-defense training and education. Their mission is to ensure that every woman has the tools and confidence to protect herself against violence.

The Impact of Mission Her

Since its founding in [year], Mission Her Defense Team 52 has made a significant impact on the lives of women in their community:

- Trained over [number] women in self-defense techniques
- Educated women about the importance of self-awareness and safety
- Empowered women to feel confident and safe in their daily lives

- Reduced incidents of violence against women in the community
- Created a supportive community for women who have experienced violence

Mission Her's Approach

Mission Her Defense Team 52 uses a unique approach to self-defense training that focuses on practical skills and real-world scenarios. Their training is led by experienced instructors who are passionate about empowering women.

In addition to self-defense training, Mission Her also offers a variety of educational programs, such as:

- Sexual assault prevention
- Stranger danger awareness
- Bullying prevention
- Cyber safety

These programs are designed to help women stay safe in all aspects of their lives.

Ways to Support Mission Her

There are many ways to support the important work of Mission Her Defense Team 52:

- Make a donation
- Volunteer your time

- Attend a self-defense training
- Educate others about the importance of women's safety
- Spread the word about Mission Her on social media

Every little bit helps!

Mission Her Defense Team 52 is a vital organization that is making a difference in the lives of women. Their work empowers women to live confident and safe lives. Please consider supporting Mission Her in any way you can.

Images of Mission Her Defense Team 52



A CAC Hands-on Workshop



SELF DEFENSE

for women

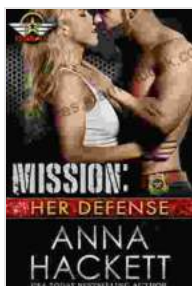
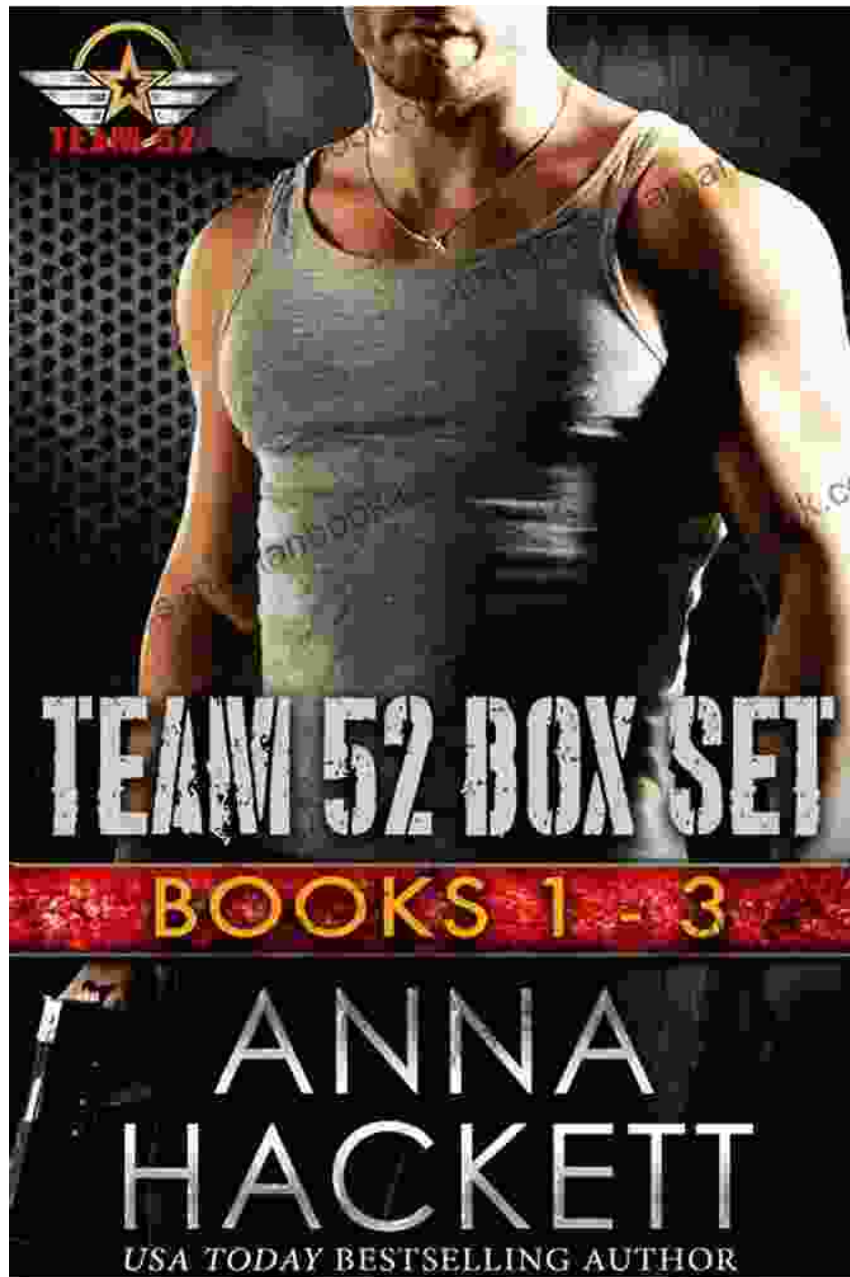
Sunday
April 28

10:00-11:30AM
STUDIO 2

Everyone deserves to feel safe and empowered. In this 90-minute session with American Women's Self Defense Association-certified instructors, you will learn valuable non-violent de-escalation and avoidance skills, as well as fundamental defense tactics against physical and sexual assault. Participants will learn environmental awareness and situational control, boundary setting, wrist grab and choke releases, striking techniques and targets, and your legal rights following an assault. All skill levels are welcome.

Space is limited. Sign-up at the front desk.

Lincoln Square
Athletic Club



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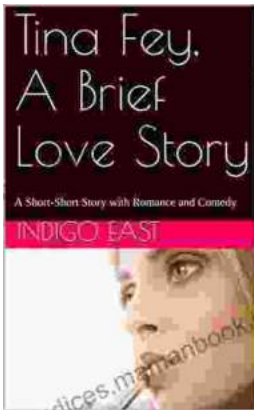
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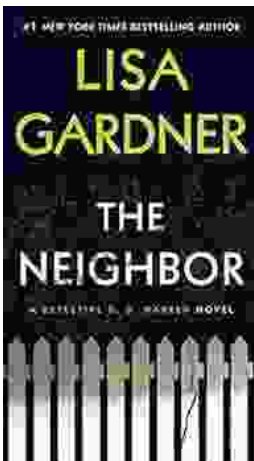
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