

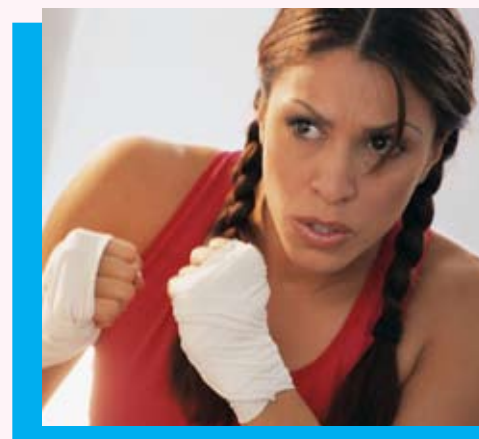
**HEALTHY WOMAN**  
A CEDAR PARK REGIONAL MEDICAL CENTER RESOURCE

Please join us in July for:

# Self-Defense Training Women's Workshop!

**Sunday, July 12th, 3-5pm**  
Juli Hartmann, Sacred Source

- ✿ **At Twin Lakes YMCA**
- ✿ No registration is required; FREE!
- ✿ Call us at (512) 528-7100 for more info.



*Free Pink Alert Whistles!*

*Delicious Refreshments!*

*Awesome Door Prizes!*

Cedar Park Regional Medical Center and Twin Lakes YMCA invite you to learn how to prevent physical attacks as well as escapes from grabs and counterattacks to discourage and/or disable an attacker. Physical techniques will include using our best weapon, which we carry with us all the time (hands, feet, etc.), as well as using everyday objects as weapons when necessary. There will also be time for Q&A and "what-ifs". And best of all—it's FREE!

*Come and learn the latest about protecting yourself!*

Healthy Woman Partners of the Month

