

# SURVIVE!

Courage-Based Self Defense Training

## Save the Date – Mark your Calendar

Empower yourself with the knowledge and confidence you need to survive in dangerous situations. Build awareness and habits that may help keep you out of some such situations.

Plan now to join us for an evening that may save the life of you or someone you love!

- WHEN:** Monday, August 31, 2009  
**TIME:** Registration 6:30; Session 7:00-9:00 p.m.  
**WHERE:** Mother of Mercy High School Theatre  
**WHO:** Students, Parents, Alumni and Friends of Mercy  
Recommended for ages 12 and older  
**COST:** \$5.00 per person collected at the door  
**PARKING:** Tech Wing lot on Epworth and Ramona lot

Sponsored by St. Jude Girl Scout Troop 6594  
in cooperation with Mother of Mercy High School



## Choose Courage

Join Debbie and Mike Gardner for this internationally recognized SURVIVE! Seminar. Learn about this revolutionary approach to realistic self-defense rooted in self-control, natural power and courage. No complicated martial arts techniques or boring safety tips. When teaching realistic safety, the Gardners believe less is more, however less needs to be RIGHT!

### You will learn:

- SELF CONTROL when afraid
- Updated PREVENTION
- SURVIVAL if attacked
- EFFECTIVE CHOICES to survive if attacked
- HOW TO REACT in hostile environments such as bullying, date rape and more

### About Mike and Debbie Gardner

Mike and Debbie Gardner are former police officers who have just completed their third self-defense book. They have been featured throughout the US, Canada, Australia, Europe and South America. For more information, visit [www.surviveinstitute.com](http://www.surviveinstitute.com).

