

For the **Junior and Senior Women** of LZHS and their parents:



Sunday February 11th 1:00-4:00 PM; LZ Field House
\$10 in advance or \$15 at the door and parents are free to attend. *All proceeds go to Zacharias Sexual Abuse Center.*

Learn about **personal safety** for college and while out on your own and get trained to **defend yourself** in an emergency. This is an **interactive event** so please wear athletic clothing and gym shoes. Register online at <https://tinyurl.com/lzsafety> and please pay the high school bookkeeper!

**First 100 Women to Pay
get a Free Tactical Keychain!**

Our instructors:

Sergeant Tracey Goodyear – 27 Years with Lake Zurich Police Department; Business owner of Lake Zurich Family Martial Arts – 12 Years; 3rd Degree in Hapkido / 1st Degree in Tae Kwon Do; Self-Defense Instructor

Tom O'Connell- Co- owner of Lake Zurich Family Martial Arts, Defensive tactics instructor for Lake Zurich and Kildeer Police Departments

Officer Maria Christiansen- Northern Illinois University Police Department; R.A.D (Rape Aggression Defense) and ALICE (Alert, Lockdown, Counter, Evacuate) instructor.

Detective Mark Frey- Lake Zurich PD and LZHS Resource Officer