

SELF-DEFENSE FOR SENIORS

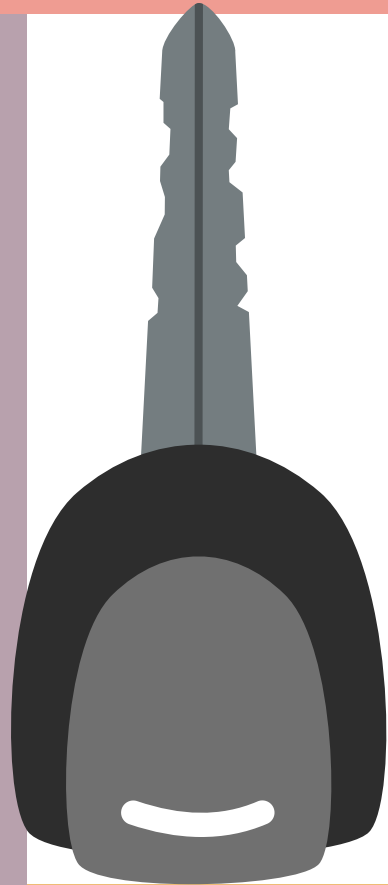
BE AWARE OF YOUR SURROUNDINGS



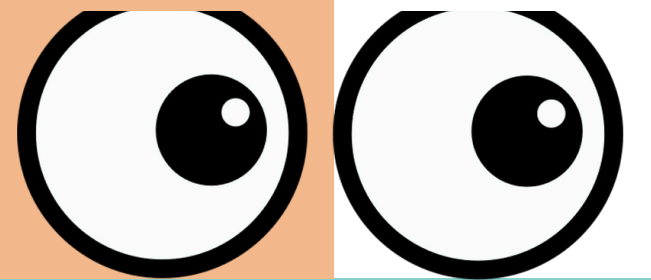
DON'T MULTI-TASK WHILE GETTING IN/OUT OF THE CAR



WALK WITH A CAR KEY BETWEEN YOUR 2 STRONGEST FINGERS



MAKE EYE CONTACT WITH PEOPLE YOU PASS BY



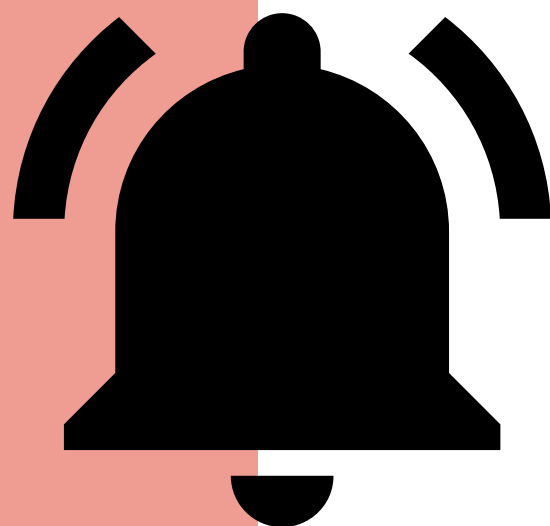
KNOW HOW TO DEFEND YOURSELF WITH SIMPLE STRIKES



PARK IN WELL LIT AND FAMILIAR AREAS



WEAR A PERSONAL SAFETY ALARM



KNOW WHERE TO STRIKE IF ATTACKED

