

# OWN YOUR SPACE

**WOMENS SELF DEFENSE WORKSHOP**

**TAUGHT BY WOMEN, BUILT FOR REAL LIFE CONFIDENCE**



**DEPUTY KATIE BARNES**  
**WARREN COUNTY SHERIFF'S OFFICE**



**OFFICER MOLLY HAYSLIP**  
**HAMILTON TOWNSHIP POLICE DEPARTMENT**

## *Learn:*

- ✓ PRACTICAL SELF DEFENSE SKILLS
- ✓ EFFECTIVE STRIKING TECHNIQUES
- ✓ SITUATIONAL AWARENESS
- ✓ BOOST YOUR CONFIDENCE

**MARCH 18, 2026 - APRIL 15, 2026**