

Curves

December 21, 2004

Retta,

We were so happy to have you come and talk with us last month about the basics that so many women forget about. It is so common during the rush of the holiday season to become vulnerable to those who wish to take advantage.

This class helped to teach us that while we are out in our normal routine we must be aware of the world around us. You have helped to keep us aware for the safety of ourselves and our loved ones.

"This class helped me to be better mentally prepared in how to respond if attacked. It has also made me aware of what places and situations can make me most vulnerable to possible assault" *Sarah Guest - Curves member.*

Thanks for the time and effort you put into helping women take their safety in their own hands.

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