

January 18, 2005

Retta Shealey presented a safety and defense seminar at 2 of my Curves franchises in December, 2004. Her presentation topic was "Safety, Awareness and Empowerment for Women", and it was geared towards educating and empowering our members to be more aware of their surroundings and teaching them strategies to protect themselves in the event of an assault or potential attack.

She gave heart-stopping statistics on abduction, rape, and sexual assault of women, along with excellent demonstrations of self-protection techniques when placed in such situations. Everyone who attended this program was focused so intently on her and felt the need to take in every word since the topics applied to every woman. So many women haven't been educated in what to do if we were being followed, let alone abducted!

We left the program feeling more confident in the steps we should take if we suspect that danger is lurking. We learned some useful techniques to discourage potential attackers and how to escape when we are grabbed and held. I would recommend that every woman attend this program, or one like it, to broaden her knowledge in how to protect herself.

Lisa Mohesky, Curves Owner

Curves of Laurel Springs, Midway and Alpharetta, Georgia

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