

# *Curves*

*March 3<sup>rd</sup>, 2005*

*Dear Retta,*

*Thank you for the insightful safety seminars you gave at our 3 Curves locations. The members are still talking about the various techniques you taught them. The pepper spray and Call Police Signs were very helpful.*

*One of our ladies was really glad you showed how to hold a key to safely use it in the event of an attack. Another lady was glad knowing the best ways to fight off an attacker.*

*Your knowledge and expertise in this area was evident and you were able to communicate the techniques by demonstrations along with your talk.*

*We look forward to having you return again to all three clubs in the fall.*

*Thank you for caring,*

*Cathy Ziegler & Ann Marie Day*

*Curves Owners*

*Buford, Ga.*

*Dacula, Ga.*

*Lawrenceville W, Ga*