Promo 15

SUBJECT: Shoppers BEWARE!

We’ve all heard stories about people who have been out shopping and have gotten mugged or held up. Those stories scare me—especially as a parent. It’s really, really important to me that my kids stay safe, and I know it’s important to you, too.

I bet you’ve asked this question:

*“What would I do if an assailant tried to attack me in a parking lot or a parking deck?”*

I’ve wondered that same thing myself.

It’s good to be prepared as parents, and one thing we can do to be prepared to keep our families safe is learn about self defense.

Not sure where to start? Here’s a resource that can help: [Family Self Defence 101.](http://familyselfdefence101.com/)

Whether you’re young or old, you can learn these methods and techniques to keep your family safe while you’re out and about.

Go shopping with confidence—[learn family self defense today!](http://familyselfdefence101.com/)

Onward to better parenting,

ADD NAME