

Provident Bank sponsored event in conjunction with The United Way of Rockland

REACT

STAY SAFE

Personal Protection Programs
For Women



*"Everyone in today's world must
learn how to stay safe!"*

- Michael Malandra, REACT founder



Date:

Monday, November 12

Time:

10:00 am - 11:30 am

Place:

Malandra's Martial Arts Center

14A Lafayette Ave.

Suffern, NY

Mother, Daughter Program

Registration Information: (Pre-registration is necessary)

Contact: Walter Goldman - 845-369-3865 or email wgoldman@reactprograms.com

Program Fee: \$25 per participant

Class Size: Limited to 20 participants

REACT will teach you how to:

- Protect yourself and loved-ones
- Avoid situations that could increase your chances of becoming a victim
- Decide the best means of defense when confronted with a potential threat
- Control your fear and make wise choices in a physically threatening situation
- Develop your skills and confidence in a controlled environment
- Increase your physical and emotional power

Stay Safe with REACT Safety & Personal Protection Programs!

The key to personal safety doesn't lie in gender, size or strength - it's awareness and confidence. The cornerstone of the REACT program is to teach a strong foundation in developing confidence and environmental awareness. This is not a martial art program. The techniques taught are developed from everyday human reactions. Most people go through their daily lives unaware of their surroundings and are conditioned to freeze when they're caught off guard or in a hostile encounter. REACT will develop awareness and a positive response in all participants in a short period of time. This is accomplished through hands on training, interactive discussions, role-playing and mental imagery drills in a non-threatening environment.

For more information & registration visit www.reactprograms.com

