



Community Wellness Center  
at Bayley Place

A nonprofit ministry of the Sisters of Charity

PROUDLY PRESENTS

## Choose COURAGE, not Fear!

***Fun! Updated Self-Defense in 3 Words***

***In collaboration with the College of Mount St. Joseph,  
Delhi Police Department and Delhi Citizen's Police Association***

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**SURVIVE  
INSTITUTE**  
...got courage?



The evening features internationally acclaimed “Courage Coaches” Debbie and Mike Gardner, who have been featured in numerous newspapers, magazines, TV and radio programs; authored three books, including *Raising Kids Who Can Protect Themselves* (McGraw Hill), and participated in a White House Conference on School Safety. They teach “nice people” to have a SWITCH that instantly makes them ***courageous*** and, if necessary, ***dangerous*** on command!

The Gardners are delightfully different! They will keep you on the edge of your seat learning, laughing and letting-go of ineffective safety and self-defense rhetoric. You and your family are in for an inspiring, confidence building update that is simple, healing, explicit and, quite possibly, life-saving.

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Tuesday, April 27, 2010

**7:00 – 9:00 PM**

Location: College Theatre at the College of Mount St. Joseph

Cost: FREE (Donations will be accepted)

Come see what Delhi has to offer! Area businesses will be on-site.

**Don't miss this informative evening, appropriate for all ages!**