

Young Girls Can Learn Self Defense with Help from Rotary, Hospital

The girls ages 11 and older will take part in the "Just Yell Fire" program.

By Caitlyn Blizzard

Girls ages 11 and older can participate in a self-defense class on April 20 sponsored by the Rotary Club of Alpharetta and North Fulton Hospital.

The self-defense class will be held on Saturday, April 20, from 10 a.m.-12:30 p.m. at North Fulton Hospital. The class is available to friends and family of Rotary members and anyone interested in attending at a cost of \$35 per girl.

The Rotary Club of Alpharetta will sponsor Interact Club students wishing to participate.

The single-session training course will be presented by Revved Up Kids. The girls will be taught using the award-winning "Just Yell Fire" program.

Participants will be lead through a frank and informative discussion about taking ownership of their personal safety. Girls are not required to be chaperoned for this event, but there is a lot of valuable information that pertains to women of all ages and moms are welcome to attend at no charge.

You may find more information at

“The girls will be taught using the award-winning “Just Yell Fire” program ... sponsored for the second time by the Rotary Club of Alpharetta and North Fulton Hospital.”



revvedupkids.com or by contacting Allison Neal at Allison@revvedupkids.com or 678-526-3335.

“This is Rotary’s second time to sponsor this event. We feel it is a very worthwhile skill for girls to have in this day and time,” said Heather Demis, Rotary Club of Alpharetta.

“We are so proud of our Alpharetta Rotary Club for taking a pro-active role to address this important issue

and help our young women protect themselves with training,” said Bill Weeks, president of the Rotary Club of Alpharetta. ■