

April 11, 2013

## 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

**G**irls 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](http://revvedupkids.com) or by contacting Allison Neal at [Allison@revvedupkids.com](mailto: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. ■