



Thank you for registering for the upcoming Fearless and Female class. A class flyer with details will be attached to this email, as well as a picture of a Stabby Kitty. SK is a hand-held personal safety device that takes the place of putting keys between your fingers. Every class participant will receive a Stabby Kitty and training in how to use it.

Please feel free to share this class flyer with friends, family and coworkers, the more the merrier! If you have any questions or concerns, I am always available by phone and email.

My goal is to present every Fearless and Female program in a fun, safe, woman-friendly environment. Below are two ideas to help you enjoy every minute of your class!

1. Dress comfortable and wear sneakers or flat shoes. Now, I know that we won't always be dressed comfy in the event of an attack. But, while we are learning these lifesaving skills, I want everyone to have stable footing.
2. Participate as much or as little as you are physically and/or emotionally comfortable. I will never push a woman into a technique or situation that might cause pain or bring back a fearful memory. If you want to bypass a skill, no pressure, this is YOUR class! **It's ALL ABOUT YOU!**

I look forward to meeting you and teaching you skills that could someday save your life!

Peace, Love & Safety,

Cindy Coughenour