

# Protect Yourself From Violence on the Job!

## Personal Safety & Self-Defense for Health Care Occupations



**Don't Be Scared,  
Be Prepared!**



Joe Rosner is the Director of Best Defense USA and a recognized expert on personal safety and self-defense. He is the author of "Taking Care! Practical Personal Safety & Workplace Violence Solutions for Home Health Workers", "Street Smarts & Self-Defense for Children" and "The Real Estate Safety Book". He has been featured in the Chicago Tribune, Northwest Herald, Realtor Magazine, and other publications as well as on numerous radio and TV programs.

The field of Healthcare offers many highly rewarding and satisfying career paths. But according to the National Institute of Occupational Safety & Health 9000 healthcare workers a day are victims of workplace violence. In fact, while Healthcare accounts for only 18% of the workforce, over 48% of workplace violence victims are employed in health care.

### **You can refuse to be a statistic!**

**Learn how to put habits, tactics, and hardware between yourself and danger to greatly reduce your odds of becoming a victim of workplace violence.**

Taught in a humorous, fun way by a professional Self-Defense Instructor and Certified Crime Prevention Trainer, this Personal Safety and Self-Defense Program teaches how to recognize and avoid dangerous situations, use voice and language for self-defense and defend yourself from violence.

This is a powerful educational experience that combines audience participation, demonstration of simple, effective self-defense techniques and personal safety tips to accelerate learning and increase retention.

### **You Have the Opportunity to Attend:**

**October 21, 2011**

**Fall Leadership Workshop**

**Decatur Conference Center, Decatur, Illinois**

**You'll Want to Experience  
This Special Event!**



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