

DEFENSE 360 WORKSHOP

A hands-on workshop with Sequoia Wellness in collaboration with Blue Wolf Martial Arts. Learn practical self-defense tools, situational awareness, and what to do after a confrontation.

MEMBERS RECEIVE 10% OFF!



\$55
PER PERSON
AGES 16+



 **OCTOBER 11, 2025**

 **11AM-1PM**

 **SEQUOIA WELLNESS
STUDIO 2**

PREPARATION

MENTAL READINESS,
AWARENESS, PERSONAL
SAFETY TOOLS

DEFENSE

ESCAPE STRATEGIES,
DE-ESCALATION, AND
CORE TECHNIQUES

POST-INCIDENT

COVERS STEPS TAKEN
POST INCIDENT

**WORKSHOP LED BY MARTIAL ARTS
INSTRUCTOR, FITNESS SPECIALIST, &
PERSONAL TRAINER, DAVID CAMERON**

**REGISTER ON THE SEQUOIA WELLNESS
APP OR CALL (330) 325-6102**



BLUE WOLF
MARTIAL ARTS



SEQUOIA
WELLNESS