

# THE DEFENDER PROGRAM

## PERSONAL DEFENSE FOR SENIORS

*Protect Yourself and be Safe During the Holidays!*

### Event Date and Time:

Monday, December 11  
9:30 a.m. – 12:30 p.m.

### Event Location:

Sun City Homeowners Assoc.  
10401 W. Coggins Drive • Sun City, AZ 85351  
(623) 974-4718

**FREE ADMISSION - RSVP**



Dr. Dale Tunnell is an international authority on voice and language analysis, an author, keynote speaker, and subject matter expert in the examination of conversational hostility. He is a certified Defender instructor.

### *Seniors...Not Victims!*

Statistically, attacks on seniors occur infrequently. However, if you are one of those who have been a victim, statistics are irrelevant. Seniors who may be limited in physical abilities often feel helpless in a fight against an attacker determined to cause harm.

Similarly, my wife is one who suffers from MS, uses a cane and has free-arm limitations.

With the goal of helping her protect herself, I studied and developed a simple personal defense program for seniors. In this program, I offer you the benefit of my advanced education in psychology and over 41 years of law enforcement experience dealing with criminals. Together, we will focus on situational awareness and simple methods to keep you safe.

This course provides personal defense training to a wide array of clients including seniors, and those who may or may not have been a victim at one time in their lives. With minimal training, anyone can avoid being a victim.

*Learn how to identify the primary goal of personal defense, the four rules of situational awareness, danger scenarios, common defense solutions, and weapons and defense tools for seniors.*

**Invite a friend to attend this important workshop!**



**THE DEFENDER PROGRAM**  
P.O. Box 5833  
Sun City West, AZ 85376  
Telephone: (406) 360-9950  
Email Address: dtunnell125@cox.net

