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FOR IMMEDIATE RELEASE

Union Township, Ohio

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Clermont Chamber of Commerce's Self-Defense Program for Women

The Clermont Chamber of Commerce will offer a Self- Defense Program for women in the community. The event will be held on Tuesday, November 9, from 4:00 - 6:00 pm.

The program will be led by Sergeant Mike Mills, a veteran police officer with 17 years of service, including 13 years with the Union Township Police Department. "The Women's Self-Defense Program is about empowering women to stand up and not just be another victim," said Mills. "The program is designed around leverage and technique versus size and strength."

It will be held at the Union Township Police Department Training Facility at 4312 Glen Este-Withamsville Road in Union Township.

There is no cost to participate in the program, however class space is limited. Advance registration is required. Members of the Clermont Chamber have priority registration through the end of October. Beginning November 1, registration will be open to all women of the community, if class space is available. Registrations can be made by calling the Clermont Chamber event line at 513-576-5005 or by registering online at www.clermontchamber.com.

This evening of Self-Defense is part of the Women's Initiative Network (WIN) Program of the Clermont Chamber. Cathy Sahlfeld, chair of the WIN Committee said, "Sergeant Mills generated a lot of interest and enthusiasm with his abbreviated class at Women's Day 2009. I am really excited about offering this full two hour training session to Clermont County women on November 9th."

Members of the Women's Initiative Committee include: Cathy Sahlfeld, Workforce One of Clermont County; Michelle Edwards, Key Bank; Mary Beth Gettins, Gettins & Nelson, LLC.; Andi Giordullo, Image Cleaning Systems, Inc.; Lori Hansel, Sheakley Group; Jennifer Justice-Haley, Valley Paint and Body; Carmelita Merrick, Brower Insurance Agency; Pamela Ruble, Burkhardt & Co. CPA; Susan Stockman, USI Insurance; Nancy Toole, Blue Chip Mailing Services; Erin Turner, Martinizing Franchises, Inc.; and Summer Tyler, Environmental Partners Heating & Air Conditioning.