

# Self-Defense for Women

A course to empower women to learn mental and physical defense tactics against attacks

## Instructor:

Officer Aaron Pynenberg worked for the Appleton Police Department for 30 years, spending much of his time teaching law enforcement and military personnel how to properly respond to violent members of the community. Aaron now offers his knowledge and skills to organizations focused on the safety of women.

January 29, 2026  
6:30-8:30 pm

Hosted by the

**Sole 2 Soul**  
Wellness Center



**Who:** Women and Teens (ages 16 yrs+)

*\*minors must be accompanied by an adult*

**Where:** W5361 County Rd KK, Ste D Appleton

**Cost:** \$20/participant

**To Register:** (920) 659-0634 or [info@sole2soulcounseling.com](mailto:info@sole2soulcounseling.com)

