

In honor of National Healthcare Week,
Mountrail County Health Center
will be sponsoring a
SELF DEFENSE COURSE

“BE SAFE, NOT SORRY”



Ryan Ziliak has over 20 years experience as a law enforcement officer.

Ziliak began these presentations because of Dru Sjodin, the UND student kidnapped while leaving the mall in Grand Forks in November of 2003. Her body was found six months later in MN and Ziliak was part of one search team during that time.

Ziliak will teach women about survivability by paying attention to their surroundings and how to fight back until they can get away from the attacker.

Presented by
Officer Ryan Ziliak
Wednesday, May 16th

2 sessions
12:00 noon OR 5:30 pm

In Basement Lobby of Stanley Hospital



**LEARN TO PROTECT YOURSELF
& PREVENT POSSIBLE ASSAULTS**

**PUBLIC IS INVITED
TO ATTEND EITHER SESSION**

LUNCH SERVED BY
EMPLOYEE COUNCIL
11:00 AM – 1:00 PM
\$5.00 each

***“What You Need to Know
About Living Wills”***
Presented by Kelly Gustavson, LSW
11:15 AM—11:45 AM