

Sara Armstrong



Change - Balance -Synergy

**Keynote
Break-out Sessions
Lunch and Learn
Half and Full day
Seminars**

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Don't Cross the Line

Everyday we hear of another woman injured or killed by a husband or boyfriend. This alarming trend is not related to race, class, age or location.

All women are at risk. The leading cause of death for pregnant women in America is murder. Sara Armstrong addresses this frightening phenomenon with candor and courage.

You will learn:

- Danger signs in relationships
- What do when you are at risk
- Ways to maintain personal safety
- Ways to maintain and increase your self esteem
- Support services and resources

Contact us today to book Sara Armstrong for your event.



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