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Subject: September News from Caution Unlimited,LLC

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Caution Unlimited

cathy gregg

self Defense for Life

Issue: September 2010 Newsletter

www.cautionunlimited.com

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Workshops and Events

Autumn Greetings!



Catch us at the following:

Workshops:

- Sep 23:** McDowell Center, McDowell Mtn. Ranch, Scottsdale
- Oct 05:** Kiwanis Park Recreation Center, Tempe
- Oct 14:** McDowell Center, McDowell Mtn Ranch, Scottsdale
- Nov 11:** McDowell Center, McDowell Mtn Ranch, Scottsdale
- Dec 02:** Cave Creek Women's Group
- Dec 07:** McDowell Center, McDowell Mtn Ranch, Scottsdale
- Jan 05:** Business/Professional Women Networking, Scottsdale

Look for upcoming dates for Buckeye and El Mirage

Events:

- Oct 05:** Discover Card Employee Safety Fair
- Oct 12:** Neighborhood Watch, McDowell Mtn Ranch, GAIN Nite
- Oct 23:** Tolleson Annual Community Health & Neighbor Expo
- Nov 18:** Girls Night Out Shopping, Fairmount Princess, Scottsdale

Visit cautionunlimited.com for more details or to sign up for the women's self-defense workshops.

Crime Central



You not only need to be aware of your immediate surroundings, you also need to be aware of what's going on in your neighborhood, city and county. This new section of our newsletter will focus on crime headlines that occur each month. The following are only a small sample of the crime headlines that are sent to me each day.

Man kidnapped woman after hiding in SUV, Gilbert

Police seek pair who pose as handymen, steal valuables, Phoenix

Gunman tries to take woman's car in Scottsdale parking lot

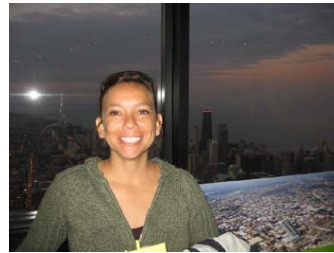
Woman throws acid on victim, Mesa

Thief grabs woman's purse in Mesa beauty supply store

Trainer Time

Lynda took her first self-defense class from Cathy a little less than 2 years ago, and is excited to empower women and be a part of changing peoples lives through Caution Unlimited.

To set up a workshop with Lynda, contact her at lyndabAZ@cautionunlimited.com OR by signing up for her workshops listed on the Caution Unlimited online Shop.



Lynda Bleichroth

With Dustin's passion being touching people's lives and wanting to make a difference, he joined Caution Unlimited with the goal of altering the outcome of one situation for at least one person. To set up a workshop with Dustin, contact him at dustinjAZ@cautionunlimited.com OR by signing up for his workshops listed on the Caution Unlimited online Shop.



Dustin Jackson



Nicole Gallow

Nicole studied several forms of martial arts for five years while living in New York, including earning her brown belt in Jun Fan Gung Fu. She has always been willing to give a hand to those in need, especially when teaching women the art of self-defense. To set up a workshop with Nicole, contact her at nicolegAZ@cautionunlimited.com OR by signing up for her workshops listed on the Caution Unlimited online Shop.

Ladies Around Town

Debbie Vanasek - Scottsdale, AZ

NiteOwl Creative



Website, Design, Brochures
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Q: What is your biggest safety concern?

A: My biggest safety concern is driving around at night in a convertible since that leaves me vulnerable to someone just "popping in", or otherwise harassing me.

Q: What is the most important thing that you

do for your safety?

A: When I'm out at night in the convertible, I'm always in a state of full-time alert. I try to always be aware of what's going on around me when I walk to my car, since I'm out at night very often while running errands or working out, as my gym is open 24/7. I also always lock the car doors, even if the top is down because that would give me a couple of seconds to take off if someone tries to climb in.

Cathy's Corner

Bullying

The prevention of bullying has to be an effort by the entire community including parents, teachers and administrators. Most children and teens that bully others have a low self-esteem, and can carry this into adulthood.

Tips for parents:

- Love - Always let your child know that your love is unconditional.
- Discipline - Set up rules regarding homework, friends, chores, dating, etc. so there will be no misunderstandings. They want and need you to set limits for them, and for you to be in control. They should receive more freedom and responsibility as they earn it.
- Self-Control - Keep your self-control intact at all times to teach by example. Speak calmly, clearly and firmly - not with anger, blame, harsh criticisms, or threats. That's easier said than done, but you're teaching your child how to handle anger.
- Be a positive role model - Nurture your own self-esteem, and your child will have a great role model.
- Be spontaneous and affectionate - Your love will go a long way to boost your child's self-esteem. Give hugs abundantly and tell your kids you're proud of them.
- Create a safe and loving home environment - A child who is exposed to parents who fight and argue repeatedly may become depressed and withdrawn.
- School - Take an active interest in what your child is doing at school. Also, check with your child's school to see if they have a bullying program.



New Products

LifeLock

A special through our website!!

Click on the LifeLock icon on our website at
www.cautionunlimited.com and use the code



"CUSELFDEFENSE" to receive 30 days free and 10% discount.

New Classes Coming

Senior Ladies -

We have a workshop JUST for YOU!!!



Are you more comfortable with a rolling pin than a knife? Would you rather protect yourself with a hairbrush than a gun? Check out our Senior Workshop page and book your workshop now.

Caution Unlimited is now hiring trainers in all states as independent contractors to teach women's self-defense. No previous training necessary, Cathy can train anyone and everyone!! Our claim to fame is teaching women to defend themselves and their families. Call Cathy at (480) 634-1502 for more information.

Caution Unlimited, LLC

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