



COASTAL CONNECTIONS

YOUNG PROFESSIONALS NETWORK OF SHEBOYGAN COUNTY

www.CoastalConnectionsYPN.com

FOR IMMEDIATE RELEASE

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The Fundamentals of Self-Defense

SHEBOYGAN, WIS. – March 29, 2010 – Coastal Connections, Young Professionals Network (YPN) of Sheboygan County, invites area young professionals to its bimonthly Power Lunch to learn about the fundamentals of self-defense on Thursday, April 8 at Hops Haven starting at noon.

Power Lunches are great opportunities for young professionals to gain valuable information from area business leaders and organizations while enjoying great food and networking.

Our featured presenter is William Kraemer; he is a retired county sheriff deputy and is an adjunct instructor for Lakeshore Technical College. We all hope we never have to face the horrible situation of being attacked, but in the event that it would ever happen, it's a good to know how to protect yourself. William will show us some basic, yet effective techniques to ward off attackers.

This event is open to the public for \$15 and is free for all Coastal Connections members. RSVP today at www.CoastalConnectionsYPN.com.

For a list of upcoming networking hours including updates on special guests, as well as bimonthly Power Lunches and other events, visit the online calendar of events on CoastalConnectionsYPN.com.

Membership is limited to those ages 21 to 40, but professionals of any age are welcome to attend any Coastal Connections events. Networking Hours are reserved for those 21 and older.

Coastal Connections YPN, a committee of the Sheboygan County Chamber of Commerce, is dedicated to connecting young professionals through educational and social events in an effort to help local businesses retain their young talent and to grow the economic future of Sheboygan County. For more information, visit www.CoastalConnectionsYPN.com.

Coastal Connections is generously sponsored by Kohler Co., Schenk Business Solutions and St. Nicholas Hospital.

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