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FOR IMMEDIATE RELEASE

National Non-Profit, Just Yell Fire, teaches first abduction and assault class in San Diego to girls June 28th

San Diego, CA, June 1st, 2008- Just Yell Fire, a national organization teaching sexual defense skills to middle and high school girls, will hold its first class in San Diego at the DREAM Wellness Center later this month. The two-hour, free session will showcase safety, street fighting techniques, and strategies to combat abduction and assault attempts.

Dr. Brian Stenzler, founder of the DREAM Wellness Centers, says, "At our centers, we promote a pro-active approach to wellness in many facets of life. I didn't have to think twice about having Just Yell Fire come to our Pacific Beach location and empower dozens of young women to live a better, safer life."

According to Just Yell Fire, teenage girls face a 1 in 4 risk of sexual assault, and there are 114,000 attempted abductions a year in the US alone.

Chad Von Dette, a partner of Just Yell Fire who will lead the class on June 28th, adds, "Since we started Just Yell Fire in 2006, we've helped over

325,000 girls stay safe in over 37 countries. We are delighted to now have a presence in San Diego.”

Just Yell Fire Session

When: June 28th, Saturday, 11:00-1:00pm

Where: DREAM Wellness Center
1976 Garnet Avenue
San Diego, CA 92109

Cost: free, but call to confirm spot: (858) 274-2225

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DREAM Wellness center: (858) 274-2225

About the DREAM Wellness Centers

Many people think that wellness is merely freedom from pain, sickness and disease. At the DREAM Wellness centers, wellness is embraced as the complete integration of mind, body and spirit, affecting not only visible body parts, but also the trillions of cells that make up an entire body. The DREAM facets of Diet, Relaxation, Exercise, Alignment, and Mental Fitness, created by Dr. Brian Stenzler, are embedded in an array of services offered at DREAM Wellness centers throughout California and New York.

Learn more about the DREAM Wellness Centers by visiting:
www.dreamwellness.com

About Just Yell Fire

Just Yell Fire is a non-profit organization with the sole mission of empowering girls age 11 to 19. Over the past two years, we've changed the lives of more than 325,000 girls in 37 countries. Based in Portland, Oregon with offices in Vancouver, Washington, Just Yell Fire is keeping teenage girls safe from assault, abduction, and even death. We are teaching girls they have the right to fight back and giving them the skills to put a stop to date rape as well as to put predators out of business.

Learn more at: www.justyellfire.com