

SHAO-LIN CENTER for MARTIAL ARTS
26406 Lorain Road
North Olmsted, Ohio 44070
(440) 716-5425



POLICE OFFICER SEMINARS

The Shao-lin Center for Martial Arts, through Versagi Consulting, is pleased to announce it has been selected to put on three all-day seminars for the entire Parma Police Department; 90 some officers. Our seminars will be aimed at teaching the officers how to reduce stress in their lives, suicide prevention help, the power of positive thinking, and even some tai chi. Versagi Consulting would like to thank Captain Wayne Schmigel from Parma Police Department for giving us this opportunity.

Versagi Consulting has presented numerous seminars in the past, including teacher associations, attorney groups, corporations, police academies, and other police departments. We can be reached at 440-716-5425 if you or your company would like to schedule such an event. See below for further details:

“Finding peace in the chaos”



Master Sifu Frank Versagi

The threat is real. Higher suicide rates, depression, divorce, personnel problems, substance abuse...

AT THE END OF THE SHIFT...WHO TAKES CARE OF THE OFFICERS?

They “protect and serve” – but who’s protecting them – from themselves? We can.....here’s how...

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CUSTOMIZED RETREAT” – At Your Place or Ours...

Choose **five modules from the list below**. We then create your **one-day** customized retreat. The atmosphere is relaxed but structured – very conducive to learning and relaxing. Each module is 50 minutes.

- Stress reduction techniques to use anytime, anywhere
- Meditation 101 (no chanting or head-shaving required)
- Tai chi 101
- Everyday techniques to quiet the mind and create calm.
- Everyday cancer prevention
- The physical and medical effects of long-term stress
- Book discussion, “Books that will change your way of thinking and enhance your life.”
- Life-style suggestions to reduce stress; listening skills, “electronic retreats”, etc.
- Communication skills that will help you interact better with everyone
- How to eat better, and make it last

Your officers’ personal lives and their mental health directly affect their performance on the street. You provide in-services for submission techniques, tasers – how about an in-service to give them skills that could save their personal lives?

Some life skills are not taught in the Academy – yet they are essential for the life-blood of your force. Skills like –

- _ Stress management
- _ Listening skills that improve personal relationships
- _ Breathing, meditation and Tai Chi skills that can be used to quiet anger
- _ Re-defining “who you are” (hint: you’re not just your badge)
- _ Skills for moving in and out of your roles at home and on the job

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Versagi Consulting In cooperation with

**Shao-Lin Center for
Martial Arts
26406 Lorain Road
North Olmsted, OH 44070
440-716-5425
sifufrank@shao-lin.net
www.shao-lin.net**

A respected, serene, 13-year old martial arts center tucked in the middle of the North Olmsted business district (near Great Northern Mall and the Airport) is the site where “East meets West”.

In-Service Details ~~

**WHEN? – Any day or night
COST - \$75 per participant
MINIMUM attendees = 10
MAXIMUM attendees = 20 at our site, 50
at yours**

**Call and ask for Master Sifu Frank to
discuss your in-service.**

440 716 5425



Master Sifu Frank Versagi is a seminar speaker for police officers, police academies, teachers, lawyers, corporations all across Ohio; teacher of meditation, tai chi, kung-fu, acupressure. Master Frank is also a 5th Degree Black Sash in Chinese Martial Arts, having trained and lived in China on numerous occasions since 1995.

Most of your officers carry greater stresses than you know – offer them one day to gain perspective, strength and some new skills. The day could save their lives.

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Credentials:

Master Sifu Frank Versagi

Shao-lin Temple, Henan Province, China

Trained, tested, and certified by the Shao-lin Monks,
1995, 1998, 2005

United States Marshals Service

Fingerprinted, Screened and Cleared,
2001, 2007

Shao-lin Center for Martial Arts, North Olmsted, Ohio

Owner/Operator and head instructor
since 1996

Versagi Consulting

President/Owner
since 1996

Denise Legg

Cleveland State University

B.A. in Psychology;
Master's in Health, Wellness, and Exercise Science;
currently working toward her Ph.D.

Versagi Consulting

24888 Florence Avenue
North Olmsted, Ohio 44070
sifufrank@shao-lin.net

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Website: www.shao-lin.net