

FREE Personal Safety Workshop

Your best defense against crime

Come and learn how to reduce your chance of becoming a victim.



Saturday
February 20, 2010

Northeast School
2929 Hayes St. NE
10:00 a.m.

Learn to recognize a possible attack in the making and what role distance awareness, body language, tone of voice, etc. can play. Simple "last-ditch" physical self-defense techniques will also be presented, practical even for people who have little physical skill or ability.

Instructor Mary Brandl has worked with numerous crime victims services for over 30 years, and has presented workshops throughout the state, nationally, and in Canada. She is a 4th degree black belt with the Midwest Karate Association and co-author of the DVD and book entitled Scenarios in Self-Defense.

To reserve a place in the class, please call Carol at 612-673-2874.



If you need a disability related accommodation, such as a sign language interpreter, wheelchair accessible meeting site or materials in alternative format, please contact Carol Oosterhuis at 612-673-2874.