

# Women's Self Defense Workshop

West Bank CDC and the Neighborhood Women's Safety Group are sponsoring a free self-defense workshop for Cedar Riverside neighborhood women. It will be taught by Andrea Vircks, Public Safety Manager at St. Catherine's University. Andrea has a passion for teaching women tools and techniques to effectively handle threatening situations.

Saturday, Nov. 5<sup>th</sup> 2011

1 p.m. to 3 p.m.

Melby Hall, Room 128

Augsburg College

Melby Hall is Augsburg's gymnasium building located at 23<sup>rd</sup> Ave. and Riverside Ave. The entrance faces Murphy Square on 23<sup>rd</sup> Ave. A campus map is available at [www.augsburg.edu/about/map/html](http://www.augsburg.edu/about/map/html)

- Being aware of surroundings
- Basic self-defense techniques
- How to deflect crime
- Making a plan

*Free Safety Whistle for Participants!*

This workshop is for ALL women regardless of age, physical condition, or dress. Wear clothing that is comfortable for you to move in.

Teenagers are welcome. A parent must sign a release form for youth 16 and under (available at workshop).

**If you need child care to attend this event call Debbie at WBCDC 612-673-0477.**

