

***First-Come-First-Served! Limited space available! Everyone welcome!***

# **SELF-DEFENSE**

**Be aware! Be prepared!**

**Discover how to identify dangerous situations and people. Learn to defend yourself against muggings, car-jackings and rape. Find out how to prevent assaults and practice how to effectively fight back in life-threatening situations.**

**Classes are fun, relaxed and interactive with lots of opportunities for questions. The physical techniques are easy to learn and practiced to become part of your self-defense “tool belt.”**

**Tuesday, April 24, 2018**

**Student Recreation Center, Multipurpose Room B/C  
6:00 – 9:00 p.m. Free for UCR students, staff and faculty.**

**Bring a friend and join us!**

**▶▶ Plan to wear comfortable clothing.**

**For more information, call the  
Women’s Resource Center at (951) 827-3337.**

**Co-sponsored by the Student Recreation Center, Women's Resource Center  
and the Campus Safety Escort Service.**