

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.”

Wednesday, January 31, 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.**