October is Domestic/Relationship Violence Awareness Month.

**Be aware! Be prepared!**

**SELF DEFENSE**

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, October 17, 2017**

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.

**FREE! Everyone welcome!**

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