



# PERSONAL SAFETY AND SELF-DEFENSE WORKSHOP

If you have ever had questions regarding how to remain safe and protect yourself or loved ones, this is your opportunity! In this introductory workshop we will cover issues of personal safety and introduce some simple techniques that will help you stay safe in your home, at work, and while traveling.

**FRIDAY, MAY 16<sup>TH</sup>**  
**6:00 - 8:00PM**

**LOCATED IN STUDIO 1**

**Minimum Age: 15yrs**

**Members: \$15 each**

**Non-Members: \$15 each\***

*\*Plus \$25 guest fee.*

***Non-refundable course fee  
after May 13th***

*Destinee Tartuffe is a 4th degree Black belt in Judo. She has been studying Judo since 2001. She has been instructing Judo and Self-Defense classes at Santa Rosa Junior College since 2007. Additionally, she has her own Judo program, Good Time Judo, Inc.*

**Minimum attendance: 10 people. Maximum allowed: 20.**

**SIGN UP AT THE SERVICE DESK OR CALL 707.528.2582**