



LEARN SELF-DEFENSE

**FREE
10 WEEK
COURSE**

UCI Wellness, Public Safety, and Campus Recreation have partnered to offer a FREE hands-on experience in which employees can learn and apply personal safety concepts including:

- **SITUATIONAL AWARENESS**
- **SELF-DEFENSE TOOLS**
- **THREAT ASSESSMENT**
- **PRACTICAL DEFENSE**



UCI MEDICAL CENTER

- Begins October 4, 2018
- Thursdays 5:30pm - 6:30pm
- Shanbrom Hall, Bldg. 55, Room 212 (2F)
- 25 Participant Maximum



UCI CAMPUS

- Begins October 5, 2018
- Fridays from 12:00pm - 1:00pm
- Anteater Recreation Room
- 30 Participant Maximum



Space is limited. REGISTER NOW

<https://bit.ly/uciselfdefense>

Questions?

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