Women’s self-defense is a hands-on, two day workshop. Enrollment is limited to women only. Students need no prior experience and can wear regular street clothes to classes. The class aims to increase awareness and provide a variety of skills which will improve a woman’s safety. Topics covered include the psychology of an attacker, the importance of verbal assertiveness and incapacitating physical techniques. The focus is on preventing uncomfortable situations from developing into dangerous situations. Past students report that their confidence and self-esteem improve as a result of this course. **Instructor Leonie Sherman**

**Sat/Sun, January 26 & 27**

**11 am - 4 pm**

**Activity Room, East Field House**

$5 (Advance registration recommended)