

Personal Safety & Robbery Prevention Workshop

Thur, October 27, 6:30-8:00pm
Bryant Square Park Recreation Center
(3101 Bryant Avenue S.)

Featuring...

Mary Brandl, Personal Safety Expert
from Be Pro Safe and Midwest Karate Association

Attention Uptown Neighbors!

Come out to this FREE workshop for adults of all ages. Self defense expert Mary Brandl will demonstrate what you need to know to reduce your vulnerability to robbery and assault, recognize a potential attacker in the making, as well as the roles body language, eye contact, tone of voice, and assertiveness can play in averting potential trouble.

** Free pizza & beverages provided.*

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More Info: Contact Scott Engel at (612) 823-2520 or carag@carag.org