

Womens Self Defense Awareness Month

Updated: Thursday, 24 Sep 2009, 7:23 AM EDT
Published : Tuesday, 22 Sep 2009, 12:31 PM EDT

The iGroup has teamed up with the Oakland County Sheriffs Office to launch Womens Self Defense Awareness Month in Oakland County for the month of October.

As part of this initiative, the organizations will be collaborating with the YWCA of Metropolitan Detroit Oakland Branch and the Miss Michigan USA Organization to present free womens self defense courses. The program, which was developed by The iGroup, identifies a need for womens education on how to best protect themselves in the face of violence.

The free classes will be held at the Oakland County branch of the YWCA, located at 839 South Crooks Road in Clawson, Mich. from 10 a.m. to 2 p.m. on Saturdays throughout October.

Those females wishing to attend the free class should wear comfortable athletic clothing and closed-toe tennis shoes. Sandals are not permitted. Women ages 18 and older are eligible to participate, along with those 14 and up who have parental supervision. To register for the program, interested individuals should choose either October 3rd, 10th, 17th or 24th for their desired class date and contact the Oakland County YWCA at **(248) 435-9100** to reserve their spot.

Each individual session will be led by Deputy Jen Miles from the Oakland County Sheriffs Office. Miles will instruct participants on the implementation of basic self-defense techniques during the four-hour program. This abbreviated class features elements of an extended course offered by the Sheriffs Office, by which participants can earn official RAD certification.

Advertisement



Volunteers of America
Michigan

Donate online at: CarsHelpingPeople.org

DONATE YOUR USED CAR...
Avoid the hassles of selling!
1-800-552-1515

- One call, free pickup. So easy!
- Your donation is tax deductible.
- Your donation helps Michigan's homeless and others in need.