

SELF-DEFENSE FOR SENIORS

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WCCCD EMPOWERS SENIORS WITH TWO SELF-DEFENSE WORKSHOPS IN NOVEMBER

DETROIT, Mich. November 4, 2019 – Wayne County seniors can learn new self-defense methods with two workshops offered by Wayne County Community College District (WCCCD) in November.

The “Self-Defense for Seniors” workshops will be offered November 7 and 21, 2019, from 11 a.m. to 1:30 p.m. in Room G211 at WCCCD’s Northwest Campus, located at 8200 West Outer Drive in Detroit.

Participants will learn protection and prevention strategies to defend themselves against possible attacks. The workshops will focus on the skills needed for defense and various techniques for personal protection.

For more information, please contact WCCCD’s School of Continuing Education and Workforce Development at 313-496-2704 or visit the college’s website at www.wcccd.edu.

About WCCCD: WCCCD, the largest urban community college in Michigan, is a multi-campus district with six campus locations, including the Mary Ellen Stempfle University Center, the Michigan Institute for Public Safety Education (MIPSE), and the Curtis L. Ivery Health and Wellness Education Center. WCCCD serves nearly 70,000 students annually across 36 cities and townships and more than 500 square miles. The District is committed to the continued development of new programs, workforce transformation, hosting community-based training sessions and improving student facilities and services. www.wcccd.edu.