

# FREE Self-Defense/ Personal Safety Workshop

## Your best defense against crime

Come and learn how to reduce your chance of becoming a victim.



**Tuesday, April 24, 2007**

2:00 - 3:30 p.m.

OR

**Thursday, April 26, 2007**

6:30 - 8:00 p.m.

Both workshops will be held at  
**Midtown Global Market**  
(the old Sears Building)  
Suite 107 (NE corner of the Market)  
**2929 Chicago Ave. S.**

Our black belt instructor is Mary Brandl, a self-defense expert.

If interested, you **MUST** RSVP to Renee Allen (612-825-6138)  
as space availability is limited.



Meeting space is provided by Midtown Global Market  
and the workshop is conducted by the  
Minneapolis Police Department  
Midtown Community Safety Center  
2949 Chicago Ave. S.  
Minneapolis, MN 55407

*If you need a disability related accommodation, such as a sign language interpreter, wheelchair accessible meeting site or materials in alternative format, please contact Renee Allen at 612-825-6138.*