SELF-DEFENSE CLASS

On Friday, April 1, Pat Hale will be offering a class on self-defense. Topics that will be covered include how perpetrators approach potential victims, the best way to defend yourself, and non-traditional methods of defense. Also learn how to use your own body to fight perpetrators and protect yourself.

**Date:** Friday, April 1, 2005
**Time:** 12:00 – 1:00
**Location:** CSU 284 ABC

Check the website for updates
www.mnsu.edu/wellness

MSU 500 participants receive 50 bonus points for attending this event

Registration is required!
To register contact Heather Hampton by phone (2068) or email (heather.hampton@mnsu.edu) no later than March 31, 2005