



MONROE COUNTY
COMMUNITY COLLEGE

enriching lives

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Press Release

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February 27, 2011

FOR IMMEDIATE RELEASE

MCCC OFFERS WOMEN'S SELF-DEFENSE SEMINAR

MONROE, Mich. – Monroe county Community College's Office of Lifelong Learning has scheduled a Women's Self-Defense seminar on Tuesday, May 24.

The self-defense seminar costs \$29 and will be held on at 7 p.m. in the Welch Health Education Building, Room 139.

The two-hour self-defense seminar is taught by Mark Bergmooser, a certified fourth-degree black belt with more than 25 years of martial arts experience.

The seminar will cover simple self-defense strategies designed to teach students how to protect themselves from attackers. Techniques will include basic punches, kicks and strikes.

All participants are asked to come dressed in comfortable gym clothes and be prepared to go barefoot.

To register for classes or for more information, contact the Office of Lifelong Learning at (734) 384-4127.

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