



MONROE COUNTY  
COMMUNITY COLLEGE

enriching lives

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**Press Release**

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FOR IMMEDIATE RELEASE

**MCCC OFFERS SIX TAE KWON DO CLASSES,  
WOMEN'S SELF-DEFENSE SEMINAR**

MONROE, Mich. – Monroe County Community College's Office of Lifelong Learning has scheduled six Tae Kwon Do classes and a Women's Self-Defense for the spring and summer.

The start dates for the Tae Kwon Do classes are April 26, May 24, June 19 and July 17. All sections will be held in the Welch Health Education Building, Room 139.

The cost per session is \$49. Students registering for all sections during the spring semester in advance will receive \$20 off the total cost. Ages 5 and up are welcome.

The Women's Self-Defense seminar will be held on May 22. It costs \$29 and will be held from 7 to 9 p.m. in the Welch Health Education Building, Room 139. It will cover simple self-defense strategies designed to teach students how to protect themselves from attackers. Techniques will include basic punches, kicks and strikes.

The classes and seminar will be taught by Mark Bergmooser, a certified fourth-degree black belt in Tae Kwon Do with more than 25 years of martial arts experience.

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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