



MONROE COUNTY
COMMUNITY COLLEGE

enriching lives

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Press Release

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FOR IMMEDIATE RELEASE

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

MONROE, Mich. – Monroe County Community College's Office of Lifelong Learning has scheduled a Women's Self-Defense Seminar and three tae kwon do classes for this winter.

The Women's Self-Defense Seminar costs \$29 and will be held on Thursday, April 9 at 7 p.m. in the Welch Health Education Building, Room 139.

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.

Tae kwon do will be offered in three sections:

- Jan. 29 – Feb. 19
- Feb. 24 – Mar. 24
- Mar. 26 – Apr. 21

All sections will be held from 6:30 – 7:45 p.m. on Tuesdays and Thursdays in the Welch Health Education Building, Room 139.

The cost per session is \$49. Students ages 5 and up are welcome.

(more)

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The Women's Self-Defense Seminar and tae kwon do classes will be taught by Master Mark Bergmooser, a fifth-degree black belt in tae kwon do.

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

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