



MONROE COUNTY
COMMUNITY COLLEGE

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Press Release

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October 23, 2015

FOR IMMEDIATE RELEASE

**MCCC OFFERS CHILDREN'S SELF-DEFENSE
SEMINAR, TAE KWON DO CLASS**

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

The Children's Self-Defense Seminar costs \$19 and will be held on Thursday, Oct. 29 from 7-8 p.m. in the Welch Health Education Building, Room 139.

The seminar will cover simple self-defense strategies designed to protect children from attackers. They will learn to recognize threatening situations, how to respond to them and how to mentally and emotionally gather the confidence needed to survive. 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. It is open for children ages 5-12 and they must be accompanied by a parent.

The tae kwon do class will begin Nov. 19 and will run through Dec. 17. The class will be held from 6:30-7:45 p.m. on Tuesdays and Thursdays in the Welch Health Education Building, Room 139.

The cost is \$54. Students ages 5 and up are welcome.

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

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

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