



For Immediate Release

Contact:

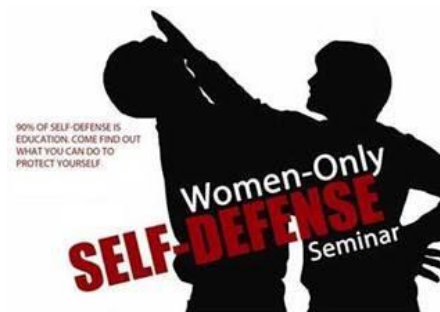
Officer Casey Pedersen, City of Birmingham
(248) 530-1773

Birmingham Police Present Women's Awareness & Self Defense Workshop

BIRMINGHAM, MI, April 30, 2019 – The Birmingham Police Department is pleased to present "Safe in the City" workshops for female Birmingham residents ages 12 and up. The free two-hour Women's Awareness and Self-Defense interactive workshop will be held on Wednesday, May 8 from 6:30 p.m.-8:30 p.m. and Friday, May 17 from 12:00 p.m.-2:00 p.m. at the Department of Public Services, 851 South Eton.

The workshop offers simple, street smart survival skills presented in a safe training environment. This program is designed to teach participants valuable tips to avoid conflict and increase their chances of survival through awareness and escape techniques. Street smart self-defense, tips on target-hardening your home and cyber-security are just a few topics to be presented.

“Our April workshop filled up quickly and there are limited spaces available for the May workshops,” said Birmingham Police Officer **Casey Pedersen**. “We encourage our female residents 12 years old and up to attend this workshop and learn valuable tips to help them stay safe.”



To register for the workshop, contact Gwynn Duffey at gduffey@bhamgov.org or 248-530-1863.

City of Birmingham – A Walkable Community. Visit the city's web site at www.bhamgov.org.

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