



**Grand Traverse County Commission on Aging
Senior Center Network**

*801 E. Front St.
Traverse City, MI 49686
231-922-4911
www.gtcoa.org*

FOR IMMEDIATE RELEASE

Date: Wednesday, March 25, 2015

Contact Person/Title: Ericca Hovie / Program Coordinator

Phone/Email: 231-922-4911

Subject: Senior Center Hosts Women's Self Defense Class

On Sunday, April 12 beginning at 10:00 am, Preston Taylor of Grand Traverse Personal Protection will lead women through a comprehensive 4 hour program exploring personal safety and safety in the home. This is a physical, hands on class and attendees are encouraged to wear comfortable clothing. The techniques taught will be very basic highly effective techniques with very few movements and largely using gross motor skills.

"I take pride in providing women's personal protection instruction in Northern Michigan," says Taylor, a 15+ year veteran of local law enforcement.

Women will leave the class held at the Senior Center in Traverse City empowered with the knowledge and confidence that will help them feel safe and might even protect them one day. Attendees are encouraged to bring a sack lunch. There is limited space in this class and advance registration is required, \$25 per person. Questions? Call 231-922-4911.

The Senior Center Network is part of the Grand Traverse County Commission on Aging – "Caring for those who cared for you" for 40 years.