



OFFICE OF CITY MANAGER

FOR IMMEDIATE RELEASE
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FOR MORE INFORMATION, CONTACT:
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Women's Self-Defense Seminar Feb. 25 at Costick Center

The Farmington Hills/Farmington Emergency Preparedness Commission (EPC) will present a women's self-defense seminar on Saturday, February 25 from 9 to 11:30 a.m. at the Costick Center, located at 28600 Eleven Mile Road between Middlebelt and Inkster.

Over one thousand women have participated in the EPC's popular self-defense seminars, which have been presented ten times over the past six years. Special guest Miss Oakland County Kelly Oles will be attending the program on February 25.

The class will be taught by Jeff Duncan, master instructor and sixth degree black belt; his wife Connie, second degree black belt and chief instructor; and additional female black belt instructors from Farmington Martial Arts. Through a series of close-range drills, women will learn both situational awareness skills and self-defense skills.

The self-defense seminar is open to all women ages 11 and up. An \$8 registration fee will cover both class supplies and also a tax-deductible donation to HAVEN, an Oakland County crisis and counseling center for victims of domestic violence.

Advance registration is required. If financial help is needed with the seminar fee, please mention this at the check-in table prior to the event. To register, call the Costick Center at 248-473-1800.

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