



**FREE**  
**SELF-DEFENSE**  
**TRAINING**  
Presented by the  
**UHD POLICE DEPARTMENT**



**WHAT YOU WILL LEARN**

- Common Attack Defense
- Basic Escape Techniques
- Lifestyle Awareness
- Attack Prevention

**HOW TO REGISTER**

Click Below or Visit:

<https://www.uhd.edu/UHDPD-Training>

- Question? Contact Detective Jackson at [jacksonde@uhd.edu](mailto:jacksonde@uhd.edu)
- Space is limited!
- **UHD Students, Faculty, and Staff FEMALES ONLY!**

**DATES**

April 14, 2023 10am-1pm

April 21, 2023 10am-1pm

April 28, 2023 10am-1pm

May 05, 2023 10am-1pm

**MUST ATTEND ALL FOUR SESSIONS**

**LOCATION**

**UHD WELLNESS AND SUCCESS CENTER**