

# Self-defense Workshop

w/ Professor Carol Park



Learn self-defense techniques to  
apply to everyday situation.

**Thursday, April 18, 2024  
11 PM to 2 PM**

Be sure to wear proper  
attire for this event,  
including comfortable  
clothes and suitable shoes.

Open to the community!

**PS COD Campus  
1300 E. Baristo Rd.**

Register at  
[StudentSuccess@CINCollege.org](mailto:StudentSuccess@CINCollege.org)

For more information, call 760-834-1395