

PERSONAL SAFETY AND SELF-DEFENSE WORKSHOP

The Lyndale Neighborhood Associations' Crime & Safety Committee is sponsoring a Personal Safety and Self-Defense Workshop on Tuesday, March 10, 2015, from 6:30 to 8:30 PM at the 5th Police Precinct, 3101 Nicollet Avenue. This workshop is open to the public and you are invited to attend.

If you have any questions or would like to RSVP please contact Norma at 612-824-9402 ext.15 or norma@lyndale.org.

Presenter: MARY BRANDL of BeProSafe Communications

Information is presented on the psychology and general scenario of attack situations. Learn to recognize a possible attack in the making, and what role distance awareness, eye contact, body language, tone of voice, etc. can play. Simple "last-ditch" physical self-defense techniques will also be presented, practical even for people who have little physical skill or ability.

SHORT BIO:

Mary Brandl is an instructor and consultant with Minneapolis Community Crime Prevention Program, University of Minnesota Physical Education Department, Hennepin County Sexual Violence Center, and a wide variety of groups and organizations. She has worked with various Crime Victims Services for over 30 years, and has presented workshops throughout the state, nationally, and in Canada. She is a 4th degree black belt with Midwest Karate Association and the co-author of the DVD and book entitled *Scenarios In Self-Defense*.

ADDITIONAL INFORMATION:

Mary Brandl is also a Bush Foundation Leadership Fellow, was a past nominee for the Minnesota Peace Prize, and in 1995 received an award for Outstanding Achievement from the MN Lieutenant Governor's Office for "Working to Promote a Peaceful and Violence-Free Environment." Her work has been written up in publications as diverse as Corporate Report Minnesota, Self Magazine, and Glamour.