



SANTA ANA COLLEGE

School of Continuing Education



SELF DEFENSE FOR EVERYONE

BEGINNING FEBRUARY 3

MONDAYS

1:00 PM - 2:30 PM

Join our empowering self-defense class designed specifically for older adults! This engaging program focuses on practical techniques tailored to enhance personal safety and build confidence. Participants will learn easy-to-follow self-defense moves, situational awareness skills, and effective communication strategies to prevent confrontations. Come and discover how to protect yourself while enjoying a fun and interactive experience!



Call the Center to register.
(714) 741-5253

