

Las Positas College For Immediate Release

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Las Positas College Offering Free Self-Defense Class

(Livermore, CA) - In an effort to break the myths surrounding violence against women, Las Positas College will offer a free self-defense class on Saturday, August 18 at 10 a.m.

Designed to empower women to prevent crime, victimization, and to develop simple easy-to-use self-defense techniques, Tri-Valley Haven and Assemblymember Catharine Baker (R, D-16) will host the one day Women's Safety and Self-Defense Workshop for women over 14.

Participants will learn self-defense skills to protect themselves and their loved ones, as well as Assemblymember Baker will share what the state legislature is doing to improve public safety.

Who: Las Positas College, Tri-Valley Haven and Assemblymember Catharine Baker

What: a free self-defense class for women

Where: Las Positas Community College Gymnasium, 3000 Campus Hill Drive, Building 2500 in Livermore. Although the class is free to attend, a parking permit (\$3) must be purchased from a parking lot kiosk on the day of the event.

When: Saturday, August 18 10 a.m.

Enrollment is limited to 25. RSVP at ASMRC.org/AF/Women's Safety or by calling (925) 328-1515.

About Assemblymember Catharine Baker and Tri-Valley Haven

Since 2014, Baker has represented the Lamorinda and Tri-Valley area. Prior to her role as an elected official, she was an attorney advising small businesses, individuals and non-profits.

Tri-Valley Haven works with the community to build a world without violence and creates homes safe from abuse and contributes to a more peaceful society one person, one family and one community at a time.

About Las Positas College

Las Positas College currently enrolls 8,000 students and offers curriculum for students seeking transfer to a four-year college or university, career preparation, or basic skills education. The College provides university transfer classes, retraining classes for those in need of employment or career advancement, a first-time educational opportunity for many adults, enrichment classes for those seeking a broader perspective, and career and technical training for those entering the technical and paraprofessional workforce.

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