



COUNTY OF SAN DIEGO NEWS RELEASE

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SELF-DEFENSE COURSES HELP SENIORS PROTECT SELVES & WALLET *Learn Tips from 70-Year-Old Black Belt, Plus Experts in Financial Abuse*

As the potential for muggings and other financial crimes increases, the San Diego County Health and Human Services Agency (HHSA) is offering two sessions of a special course for older adults to learn how to protect themselves from both a physical attack and a financial attack. Seniors are increasingly the targets of thieves who prey on people they feel are less likely to defend themselves. With these tough economic times, physical and financial attacks may also happen more frequently.

The “Senior Expo: Protect Yourself & Your Wallet,” self defense seminars have two more sessions coming up in El Cajon and Point Loma. The sessions feature Mary Davis, a 70-year-old, third-degree black belt in Karate. For the first part, Davis will talk about ways to avoid being a victim of an attack and will demonstrate techniques to use if being attacked. Then speakers from HHSA’s Adult Protective Services (APS) and the County of San Diego District Attorney’s office will speak on ways to avoid scams, fraud and other financial abuse. Participants will also receive helpful materials to take home. Lunch will be provided.

“Senior Expo: Protect Yourself & Your Wallet” is being coordinated by HHSA’s Aging & Independence Services, in partnership with the District Attorney’s office, the County Library and the San Diego Public Library. Funding for the sessions is being provided by the Barona, Sycuan and Viejas tribal governments.

June 15 (Monday) -- 11 a.m. to 1:30 p.m. at the County Library, El Cajon Branch, 201 E. Douglas, El Cajon 92020

July 14 (Tuesday) -- 11 a.m. to 1:30 p.m. at the Point Loma/Hervey Branch Library, 3701 Voltaire St., San Diego 92107.

Reservations are required; call (800) 510-2020 and press “4” when you hear the menu. Leave your name, phone number and the date or location of the event you wish to attend.

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