



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE RELEASE

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SELF-DEFENSE COURSES HELP SENIORS PROTECT SELVES & WALLET *Learn Tips from 69-Year-Old Black Belt, Plus Experts in Financial Abuse*

Just in time for the holiday shopping season, the County is offering two educational sessions to help older adults protect themselves from both physical and financial attacks.

“Seniors are increasingly the targets of thieves who prey on people they feel are less likely to defend themselves,” said Dianne Jacob, San Diego County Board of Supervisors Vice Chairwoman. “With these tough economic times, physical and financial attacks may happen more frequently and it’s important to give people the tools necessary to protect themselves.”

Two sessions of the “Senior Expo: Protect Yourself & Your Wallet” are offered in November. Mary Davis, a 69-year-old, third-degree black belt in Karate, will talk about ways to avoid physical attacks and demonstrate techniques to use when an assault occurs. Speakers from Adult Protective Services (APS) and the District Attorney’s office will address ways to avoid scams, fraud and other financial abuse. Participants will receive helpful materials to take home and a free lunch will be served.

The Senior Expo is coordinated by Aging & Independence Services, a division of the County’s Health and Human Services Agency, in partnership with the San Diego District Attorney’s office and the County Library. Funding for the sessions is provided by the Barona, Sycuan and Viejas tribal governments.

Please register early as space is limited for both sessions:

- Nov. 13 - 11 a.m. to 1:30 p.m. at the County Library, 700 Eucalyptus Ave., Vista 92084
- Nov. 20 - 11 a.m. to 1:30 p.m. at the County Library, 836 Kempton St., Spring Valley 91977

Reservations 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. The Expo will also be offered at other sites next year, but times and locations have yet to be determined.

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