



# COUNTY OF SAN DIEGO NEWS 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*

The recent apparent kidnapping of a 75-year-old La Mesa woman is a reminder of the need to take extra precautions to avoid being a victim of a similar situation. The County of San Diego is offering educational sessions to help older adults protect themselves from both physical and financial attacks.

“Seniors are increasingly the targets of criminals who prey on people they feel are less likely to defend themselves,” said Dianne Jacob, Vice Chairwoman, San Diego County Board of Supervisors. “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.”

In November, two sessions of the “Senior Expo: Protect Yourself & Your Wallet” drew dozens of interested participants. Three more sessions are set for next year.

At the expos, Mary Davis, a 69-year-old, third-degree black belt in Karate, talks about ways to avoid physical attacks and demonstrates techniques to use when an assault occurs. Speakers from Adult Protective Services (APS) and the District Attorney’s office address ways to avoid scams, fraud and other financial abuse. Participants receive helpful materials to take home, and a lunch is served.

The Senior Expo is coordinated 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:

Jan. 23 - 11 a.m. to 1:30 p.m. at the Encinitas Community Library, 540 Cornish Dr., Encinitas  
Feb. 20 - 11 a.m. to 1:30 p.m. at the County Library, 11555 Via Rancho San Diego, El Cajon  
March 5 - 11 a.m. to 1:30 p.m. at the County Library, 4375 Bonita Rd., Bonita

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.

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