



FREE SELF-DEFENSE WORKSHOP OFFERED FOR WOMEN IN UNIVERSITY DISTRICT

COLUMBUS – Women seeking information and training on self-defense should attend a free workshop on Monday, April 20, from 7 to 10 p.m. in The Event Place at South Campus Gateway, 1534 N. High St.

The workshop is open to all women, 16 years of age and older, whether or not they are employed or enrolled at The Ohio State University.

Spaces are limited, so advance registration is required by visiting the South Campus Gateway website at www.southcampusgateway.com. Parking is available in the Gateway garage.

University Area Crime Stoppers, The Ohio State University Police Division and South Campus Gateway are sponsoring the self-defense workshop. University Police Officer Don Cornwell, who has extensive experience in teaching self-defense and rape prevention classes, will lead the workshop.

The public interest in women's self-defense has grown due to publicity surrounding a serial rapist operating in northwest Columbus. Other opportunities for workshops or classes in self-defense in central Ohio include:

- The Sexual Violence Education and Support program of Ohio State's Student Wellness Center will offer two more intensive, five-week self-defense courses beginning in mid-April. One course is designed for women and the other for lesbian, bisexual, gay and transgender people. For information on these courses, call 292-4527 or send an e-mail message to sves@osu.edu.
- The Ohio State University Police Division several times each year offers the Rape Aggression Defense (RAD) Systems course, which includes realistic self-defense tactics and techniques for women that begin with awareness, prevention, risk reduction and risk avoidance, then moves to the basics of hands-on defense training. For information, visit the University Police website at www.ps.ohio-state.edu/police/rad/.

- Central Ohio Crime Stoppers also has sponsored self-defense classes. For information, visit the Central Ohio Crime Stoppers website at www.stopcrime.org.