



PUNTA GORDA **POLICE**

"A STATE ACCREDITED LAW ENFORCEMENT AGENCY"

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NEWS RELEASE

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Punta Gorda Police offer another S.A.F.E. class for women

The Punta Gorda Police Department is offering another Self-Defense Awareness Familiarization and Exchange (S.A.F.E.) class, which will take place September 27, 2014. The Police Department began providing the S.A.F.E. course to members of the community in 2010.

The S.A.F.E. program, developed by the National Self-Defense Institute, Inc., provides citizens with information and tactics that can be used by women during an attempted abduction or assault. The two-hour class includes a video presentation, lectures on preventative measures females can use, and one-on-one instruction on self-defense techniques.



Corporal Becky Grim, a certified instructor, will teach the class which will be conducted at 10:00am to noon at the Punta Gorda Police Department located at 1410 Tamiami Trail in Punta Gorda. Space is limited to the first 25 reservations. To reserve a spot in the class, call Administrative Services Lieutenant Joe King at (941) 575-5525 or e-mail him at jking@pgorda.us.

"Knowledge is power. While violent crimes against women are not common in our area, the best prevention is preparation. S.A.F.E. helps women prepare psychologically and physically for the unthinkable," stated Chief Albert (Butch) Arenal.

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