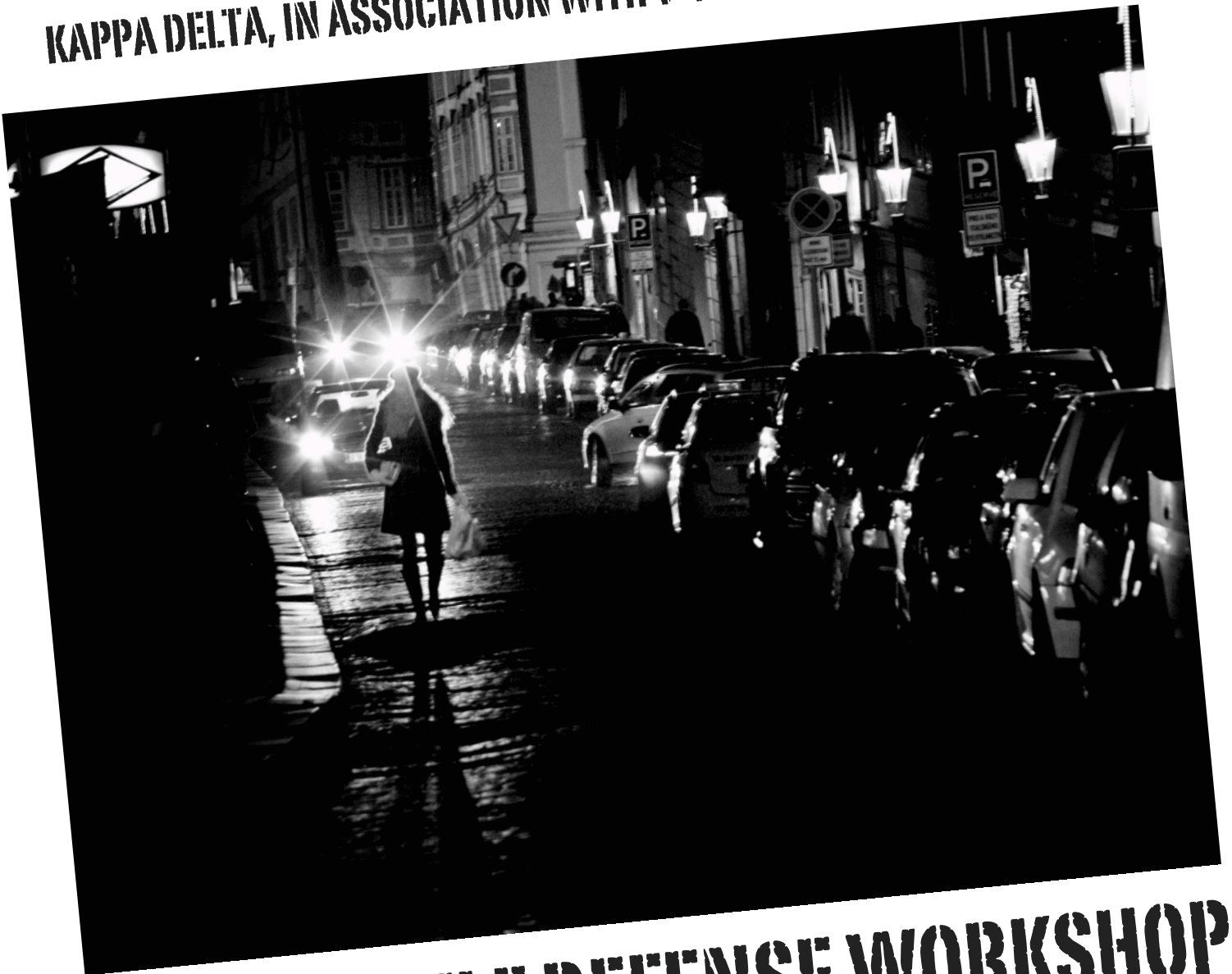


KAPPA DELTA, IN ASSOCIATION WITH V-WEEK 2011



**MENTAL SELF DEFENSE WORKSHOP
WITH SGT. REBEL ROBERTS
FEBRUARY 24, 6-8 PM • COLLIS COMMONGROUND**

Sgt. Rebel Roberts will talk to students on campus about the importance of being mentally prepared for physical self-defense. It is important to make everyone aware that self-defense is as much a mental as it is a physical preparation. The intimate discussion will range from talking about rape and abuse, to figuring out vulnerability and methods of risk reduction, to thinking about proximity and how exactly a person may act and react when they are physically close to you. The purpose of this event is to promote self-empowerment and raise awareness.

Suggested donation: \$5. Space is limited; RSVP early!
All participants will receive a copy of the book *The Gift of Fear* by Gavin de Becker

Funding provided by
Student Assembly's
Inter-Community
Development Fund