

## **Women's Center's self-defense seminar open to public**

3/12/10

Shihan Elise Flynn and a team of instructors from Alfred Martial Arts will teach basic elements of self-defense at Alfred University's Women's Leadership Center (WLC), on Saturday, March 27, from 3-5:30 p.m. The session is open to the public free of charge. The workshop will include an array of practical, effective techniques with a focus on those that work well in many situations regardless of your body type or physical strength. Participants will have ample opportunity to practice. Each participant will receive a certificate of completion. Space is limited. To reserve your spot, call 607.871.2971 or e-mail. [www.wlc@alfred.edu.The](mailto:www.wlc@alfred.edu.The)">[www.wlc@alfred.edu.The](mailto:www.wlc@alfred.edu.The) WLC is located in the south corner of the Alfred University Campus at the corner of Ford and Sayles streets, next to Openhym Residence Hall and across the road from Alumni Hall.