

Self-Defense 101

With Officer Brian Kellogg



Thursday, March 14

Noon – 1:00pm

Campus Center, Hadley Room, 10th Floor

The University Women's Network (UWN) is hosting a presentation by Officer Brian Kellogg of the UMass Police Department on **"Self Defense 101"**. He will discuss the law as it pertains to self-defense, along with risk awareness, risk recognition, risk reduction, and risk avoidance. He typically ends his talk with a couple of basic techniques of self-defense. Please join us for this informative and beneficial event!

~Menu~

Roasted Corn and Black Bean Salad with Lime Vinaigrette Chicken Fajitas* Beef Tacos* Refried Beans* Spanish Rice* Toppings: Cheddar Cheese/ Guacamole/ Sour Cream* Chips and Salsa* Churros* Coffee, Tea & Ice Water*

*(If you have strict **diet restrictions**, please contact Van at vkeh@admin.umass.edu by 3/8/19 and she will provide another option.)*

How to Register

Payments due by **Friday, March 8 at 4pm.**

Credit Card/Debit go to: https://quikpayasp.com/umass/commerce_manager/payer.do?orderType=UWN

Choose either UWN Dues, Member Lunch, or Non-Member Lunch. If paying for more than one, please specify in the "Add Comment" section.

Cash or Check: Make **checks payable** to **UNIVERSITY OF MASSACHUSETTS**, send this portion of the form along with your payment to: Glenda Pons, Environmental Health and Safety, 117 Draper Hall. (Or, bring to her office at Lederle Grad. Research Tower, Room 180.) You will receive an email confirmation when your payment has been received.

Please check your option(s): Member Lunch (\$12.00) Non-Member Lunch (\$15.00)
 Membership Dues (\$25.00)

Name: _____ Email: _____

Dept. / Campus Address: _____ Phone #: _____

Questions? visit www.umass.edu/uwn or email uwn@admin.umass.edu