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SELF-DEFENSE CLASS AIMS TO EMPOWER WOMEN

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Sanford, Fla. – This holiday season, don't let the spirit of giving lull you into giving burglars, muggers and pickpockets a better chance to do their dirty work. Crooks love the holidays as much as everyone else, especially because it's an opportune time for crime.

The Florida Department of Health in Seminole County (DOH-Seminole) in collaboration with Premier Martial Arts will host a Women's Self-Defense Class. The free event will take place on Friday, December 11, 2015 from 11:30 a.m. to 1 p.m. in DOH-Seminole's Auditorium, 400 West Airport Boulevard, Sanford, Florida. Lunch will be provided. To register, contact Brittney Frazier at 407-665-3212 or Brittney.Frazier@flhealth.gov.

"This class is offered at a vital time. Crime rates tend to have a slight up-swing, especially between Thanksgiving and New Year," said Brittney Frazier, Community Engagement and Outreach Coordinator for DOH-Seminole. "It is important to be aware of your surroundings. Pay attention to whom and what is around you to decrease risk of vulnerability."

Holiday safety tips:

- Be sure to locate your keys prior to going to your car.
- Keep a secure hold on your purse, handbag and parcels.
- Do not leave packages or valuables on the seat of your car.
- Keep all car doors locked and windows closed while in or out of your car.
- Be extra cautious about locking doors and windows when you leave the house.
- Never leave your car unoccupied with the motor running or with children inside.
- Park as close as you can to your destination and take notice of where you parked.
- Shop during daylight hours whenever possible. If you must shop at night, go with a friend or family member.

"Women can never be too careful, too prepared or too aware," said Dr. Swannie Jett, Health Officer for DOH-Seminole. "By remaining aware of holiday season risks they can better protect themselves."

Remember to call 9-1-1 to report a situation requiring a police officer at the scene. Remain calm and patient while the 9-1-1 call taker asks you questions. 9-1-1 call takers are trained to ask specific questions that quickly determine what is wrong, and what type of assistance to send. Stay on the line until the call taker tells you to hang up.

Visit seminolecohealth.com for more information. The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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