



**Personal Safety Workshop
for Older Adults
Sunday, May 17th
2:30-6:30pm
Palo Alto**

Too often, concern about safety stops people from enjoying life fully. This workshop focuses on situations commonly faced by older people as they work, travel, volunteer, deal with family issues, and cope with physical changes. A few simple 'People Safety' skills can increase confidence and reduce worry. Our active, upbeat approach makes these skills easy to learn quickly, and the skills are easily adapted to work with each participant's abilities. We'll practice skills to:

- **Assess situations and respond quickly**
- **Project awareness and confidence**
- **Stop unwanted attention**
- **Set strong boundaries, with family members and others**
- **Use voice as a safety tool**
- **Take charge of emotional triggers**
- **Get help - and persist until you get it!**
- **Deal effectively with verbal aggression**
- **Stop most attacks before they start with a few simple habits**
- **Use powerful physical self-defense skills that need little strength and no on-going practice. This class includes full force practice with a padded instructor.**



This tailored workshop is a service of



the nonprofit leader in "People Safety" skills education for all ages & abilities.



All public workshop sites are wheelchair accessible.

To enroll in this workshop, please contact Kidpower at (800) 467-6997 ext. 1# or email safety@kidpower.org. The \$60 fee for this workshop represents our break-even cost and includes a Kidpower Safety Plan Comic Book, regularly \$12. Partial scholarships and payment plans can be arranged.

To learn more about our educational materials and services, including this and other public workshops, or to learn more about arranging a workshop for your own group, visit www.kidpower.org.