

# SELF DEFENSE CLASS

OPEN TO ALL SAC STATE  
STUDENTS, STAFF AND FACULTY



## When

December 4, 2010  
(Saturday)

## Time

10 a.m.–1:00 p.m.

## Where

The Well

Instructed by Midge  
Marino

**FREE OF CHARGE!!!**

Please RSVP to **Jessica Heskin** at  
[heskin@csus.edu](mailto:heskin@csus.edu) or 278-5422.

Sponsored by the Sac State Student Health Services and  
the Well.