



COUNTY OF SAN DIEGO

MEDIA ADVISORY

FOR IMMEDIATE RELEASE

November 12, 2008

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SELF-DEFENSE COURSES HELP SENIORS PROTECT SELVES & WALLET

Tips offered from 69-Year-Old Black Belt and Experts in Financial Abuse

WHAT: Senior Expo: Protect Yourself & Your Wallet. The Expo is coordinated by the County's Health and Human Services' Agency's Aging & Independence Services, in partnership with the San Diego District Attorney's office and the County Library.

WHO: Mary Davis, Karate black belt, 69 years of age
Experts in consumer protection and elder financial abuse
Seniors seeking tips to protect themselves physically and financially

WHEN: Thursday, Nov. 13, 11 a.m. to 1:30 p.m.
(Note: physical self-defense instruction will be held first, followed by financial self-defense)

WHERE: San Diego County Library, 700 Eucalyptus Ave., Vista 92084

WHY: Seniors are increasingly targeted by thieves who prey on people they feel are less likely to defend themselves. In tough economic times, physical and financial attacks may happen more frequently and it's important to give people the tools necessary to protect themselves.

A second "Senior Expo" will be held: Thursday, Nov. 20, 11 a.m. to 1:30 p.m. at the County Library, 836 Kempton St., Spring Valley 91977

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