

Leon County Sheriff's Office  
2825 Municipal Way  
Tallahassee, FL 32312  
(850) 922-3300

# Press Release

## FOR IMMEDIATE RELEASE

Date: 12/28/2007

**Larry Campbell**  
Sheriff

**Sgt. Rob Reisinger**  
Public Information Office  
(850) 922-0732

## Personal Safety Awareness For Women

A two part course on personal safety instruction

Part One- Tuesday- January 15th, 2008- 6:30pm-8:30pm

### *Personal safety training-*

How to be more aware of your everyday environment and to maintain safety by adopting logical, easy to follow instructions. Topics to include: planning and preparing the mind for an unforeseen situation, using your intuition, having a higher awareness of your surroundings, forming a survival mind-set, using resistance, planning escape, using distraction and personal safety tools.

Part Two- Tuesday- January 22nd, 2008 -6:30pm-8:30pm

### *Personal Protective Equipment Options-*

Pros and cons of carrying a firearm, choices of firearms to carry, other weapon options such as; Tasers, O.C. spray etc.

### *Escape Techniques-*

Learn and practice a range of simple techniques which can be used to help you survive and escape a sudden assault.

Classes will be held at the Leon County Sheriff's Office,  
2825 Municipal Way.

Class size is limited. To reserve a space, please call

Sgt. Nancy Burns at 922-3331.



**Leon County Sheriff's Office**

