



# BASCC

CELEBRATING OUR 31<sup>st</sup> YEAR Birmingham Area Seniors Coordinating Council and Center

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## PRESS RELEASE

### FOR IMMEDIATE RELEASE

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### BASCC OFFERS SELF-PROTECTION WORKSHOP

The Birmingham Area Seniors Coordinating Council and Center (BASCC), 2121 Midvale Street, Birmingham once again offers the Eye Fight Back Self-Protection Workshop Wednesday, May 13 from 1:00-3:00 pm. The cost is \$5. You must register and pay no later than Friday, May 8. BASCC now accepts MasterCard and VISA. A minimum 10 persons must register, otherwise the workshop will be cancelled. The Center is open Monday through Friday from 9 am – 4 pm. Call BASCC 248-203-5270 for more information.

Learn how to protect yourself by joining Monte Oswald, retired Michigan State Police Academy training officer, as he presents valuable tips on vehicle safety, home security, physical defense tactics and much more. This program can give you peace of mind and security.

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