



*Florissant Missouri*  
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**NEWSLETTER / NEWS RELEASE**  
**From the Office of the Mayor**

**FOR IMMEDIATE RELEASE**

**MAY 2, 2018**

**SAFETY CLASSES FOR SENIOR CITIZENS**

Mayor Thomas P. Schneider is pleased to announce that Florissant Police Chief Tim Lowery, in cooperation with the Florissant Senior Citizen Office, will be offering classes for Florissant Residents 60 years of age and older focusing on **Safety for Senior Citizens**. The instructors are Tom Jost, retired Detective Sergeant from the Florissant Police Department and Tscharna Senn, retired Lieutenant from the Gainesville Florida Police Department. Both instructors are international experts in the field of physical skill training & surviving violent encounters.

Classes offered are a **KNOWLEDGE & AWARENESS CLASS** and an **ADVANCED CONFRONTATION CLASS**. Classes are listed below:

- **KNOWLEDGE & AWARENESS CLASSES:** How to avoid confrontation & techniques to increase awareness of potential encounters.  
WHEN: Thursday May 17, 2018                      WHEN: Friday May 18, 2018  
TIME: 10:00am – 12:00pm                      TIME: 1:00pm – 3:00pm  
PLACE: James J Eagan Center                      PLACE: JFK Center
- **ADVANCED CONFRONTATION AVOIDANCE & SAFETY FOR OLDER ADULTS:**  
This class will include a more detailed examination of physical skills and prevention strategies for personal protection. Physical protection skills & techniques will be focused on the most common types of assaultive actions, and techniques based on a maximum certainty of success with a minimal outlay of energy. This course is meant as a follow up to the Knowledge & Awareness Classes.  
WHEN: Thursday, May 17, 2018  
TIME: 6:30pm – 8:00pm  
PLACE: James J. Eagan Center

For all classes: All classes are **FREE** for Florissant Residents only. You must call the Florissant Senior Office, 839-7605, to make a reservation starting May 1, 2018.