



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

FOR IMMEDIATE RELEASE

SEPTEMBER 29, 2021

**THE FLORISSANT POLICE DEPARTMENT TO SPONSOR
THREE SELF-DEFENSE CLASSES FOR FLORISSANT RESIDENTS**

Mayor Tim Lowery is pleased to announce that Chief Tim Fagan and the Florissant Police Department will be sponsoring three self-defense classes for Florissant residents. The class is titled: **Confrontation Avoidance and Safety for Older Adults**

The free class is being taught by instructor Tom Jost who is a retired Detective Sergeant from the Florissant Police Department and the managing partner for the Saint Michael Group LLC. Tom has over 40 years of experience teaching martial arts, Police, Military, and Civilian use of force programs worldwide. Florissant Police Detective, Jodi Chapie will also be assisting with instruction.

The Confrontation Avoidance and Safety course will provide insight into the principles of avoidance, escape, and evasion. It will review techniques for avoiding pending aggression by becoming aware of certain threat cues; review techniques for countering and escaping from escalating levels of physical threats and refine the student's physical technique.

The date and location for the classes:

Confrontation Avoidance and Safety for Older Adults are
Monday, November 8th 2021 at 1:00pm-3:00pm- James J. Eagan Center
Confrontation Avoidance and Safety for Older Adults
Tuesday November 9th 2021 at 1:00pm-3:00pm Florissant JFK Center

Confrontation Avoidance and Safety (13 y/o and up)
Wednesday November 10th 2021 at 6:30pm-8:30pm- James J. Eagan Center

The two senior courses are specially designed to meet the needs of older adults with sometimes limited mobility and physical strength. The final class on November 10th has a more physical component and is designed for teenagers and up. Physical exertion is minimal to participate and strictly voluntary. Comfortable clothing is recommended.

COST: FREE, but you must call to make a reservation. For more information or to register please contact Officer Steve Michael at 314-830-6042 or via email at smichael@florissantmo.com.

Phone (314) 921-5700

Emergency 9-1-1

Fax (314) 921-7111