

# Be **SMART**

Avoid becoming a victim  
—attend this seminar!

Learn to defend yourself from being attacked physically or financially by attending one of our FREE award-winning events:

## “Senior Expo: Protect Yourself & Your Wallet”

- **July 8** (Thursday) at the Chula Vista Public Library, Civic Center Branch 365 F St. Chula Vista 91910.
- **Sept. 10** (Friday) at the Ramona Senior Center, 434 Aqua Lane, Ramona 92065
- **Oct. 21** (Thursday) at the Lawrence Family Jewish Community Center, 4126 Executive Dr. (UTC area), La Jolla 92037.

All events run from 11 a.m. to 1:30 p.m.  
with lunch provided.

Reserve your spot today, Call (800) 510-2020  
and press “4.” Leave your name,  
phone number,  
plus your  
desired date.

### Protect your wallet

Knowledgeable speakers from Adult Protective Services (APS) and the District Attorney's Office teach you how to recognize and avoid scams, bogus lotteries, real estate fraud, identity theft, and more.



Aging and Independence Services

# Get **TOUGH**



### Protect yourself

Join Mary Davis, a 69-year-old, third-degree black belt instructor from U.S. Freestyle Martial Arts in Point Loma. She will show you simple, but effective, techniques to avoid becoming a victim, and to defend yourself in case you are attacked.