

**SWAT to Offer Free Safety Workshops for Seniors in
Baltimore city on August 10th**

Organization aims to make seniors aware of safety threats

Seniors With Awareness Training (SWAT) is offering a free workshop for seniors on **Friday August 10, 2007** at Baltimore Polytechnic High School, (1400 W. Cold Spring Lane) from 10:00 am to 2:00 pm.

The workshop is open to seniors from all around the Baltimore Metropolitan area. This is a continuation of the SWAT workshop series developed to educate and train senior citizens about crime prevention. SWAT's goal is to help alleviate concerns that senior citizens may have about crime. Through SWAT's education, awareness training and preventive techniques we help seniors recognize potential crime situations and provide them with positive action plans to help reduce or remove the risk of becoming a victim.

SWAT Workshops use materials, videos, visual media and role-playing to allow the participants to practice How To:

- be aware of their surroundings
- be confident
- stay safe from physical attacks or reduce the threat
- protect themselves from Identity Thefts
- protect themselves from scams and cons artist
- protect themselves from Elderly Abuse
- practice personal and home safety techniques

Groups are also welcome for this event. Seating is limited, so reserve your spot today. Lunch will be provided. For additional information, or to register for the workshop please call the SWAT office at (410) 367-1028.

SWAT (Seniors With Awareness Training) mission is to arm senior citizens with the crime prevention tools they need to ensure a safer, richer quality of life. Through SWAT's education, awareness training and preventive techniques seniors are able to recognize potential crime situations and develop positive action plans to help reduce or remove the risk of becoming a victim.

For information, please contact:
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SWAT can be reached on the web at www.swattalk.net

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