

# Press Release...



FROM THE OFFICE OF STATE REPRESENTATIVE LA SHAWN K. FORD

**For Immediate Release:**  
February 06, 2020

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## **Ford, WHA & Mind Body Defense Host Free Kidnap Awareness & Avoidance Seminar**

**CHICAGO-** IL State Representative La Shawn K. Ford, Westside Health Authority and Mind Body Defense will host a self-defense, kidnap awareness and avoidance seminar on February 7, 2020 @ 5:30 p.m. Everyone, no matter age or gender can attend this free seminar. This free seminar will show those in attendance crucial information to help prevent kidnapping, assaults. They will then physically learn techniques to help defend yourself or escape dangerous situations. All ages and genders are encouraged to come.

“The scary thing about kidnapping and sexual assault is that it can happen to any gender and any age,” said Ford. “Having the knowledge of situational awareness and self-defense techniques can help minimize the chances of being kidnapped or assaulted. I highly encourage everyone to come out and bring their loved ones and family members to learn tips and skills that can potentially help save your life.”

Situational awareness means making a conscious effort to know what's happening in the environment around you. According to NCMEC statistics, ages 12-17 were the most abducted group. Among those children, most of them did not live with two parents (either biological or adopted). Children aged 12 and over are the victims of kidnapping in more than 80% of the cases. According to the National Institute of Justice & Centers for Disease Control & Prevention, as of 1998, an estimated 17.7 million American women and 2.78 million men have been victims of attempted or completed sexual assault.

Torriente Toliver, owner of Mind Body Defense will be in attendance to instruct self-defense techniques that could help you defend or escape from a compromising situation.

“Self-defense is not just about defending your body physically, but also about protecting your state of mind,” said Toliver. “Any situation that makes you uncomfortable is a self-defense situation. Empowerment is knowing what your capabilities and what can be done to you because only then can you make informed decisions. one person can make a difference, one technique can save your life, and one concept can change a perspective. All that is needed is the opportunity to learn. Feeling strong gives you the confidence to act.”

**WHO:** State Representative La Shawn K. Ford; Westside Health Authority; Torriente Toliver (Mind Body Defense Owner); Illinois Attorney General’s Office

**WHAT:** Free Self Defense, Kidnap Awareness & Avoidance Seminar

**WHEN:** February 7, 2020 @ 5:30 p.m. to 7:00 p.m.

**WHERE:** 5437 W. Division St, Chicago, IL 60651

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