

# EYH Cafe



## SCIENCE OF SELF DEFENSE WORKSHOP

Featuring: Gale Bryan, Self-Defense Instructor & Divya Sitaraman, Asst. Professor of Neuroscience, University of San Diego

The EYH Café is a program for girls in grades 9 – 12, and is designed to bring to light the science, technology, engineering and math found in everyday life. Our engaging hands-on workshops are paired with a fun social setting, and located in North San Diego County. Details of our first workshop for the 2018 season are below.

This workshop will focus on the “flight or fight” response mechanism that enables your body to react to stress, threat or an attack. In this state, your nervous system sends out stress hormones that cause several changes in the body, including increases in heart rate and blood pressure. We will discuss how your body triggers the “flight or fight” response as well as learn simple, yet effective self-defense techniques to protect yourself in dangerous situations.

### EYH Café Details:

**Date:** Sat. May 12, 2018  
**Time:** 3:00 p.m. – 5:30 p.m. (Includes dinner at 5:00!)  
**Location:**



### Escondido Program Center

**Location:** 3050 Las Palmas,  
Escondido, CA 92025  
**Phone:** (760) 739-0568 | (800) 643-4798  
**Fax:** (760) 739-0084  
[info@sdgirlscouts.org](mailto:info@sdgirlscouts.org)

Space is limited!

[Click Here to Register](#)

For more information, please email us at [teenSTEMcafe@eyhsandiego.org](mailto:teenSTEMcafe@eyhsandiego.org)



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scientists & teens exploring the world