

Self DEFENSE



To Register

Call:

Anne Schuster at
508-697-6118

Lorraine Carrozza at
508-697-0929

Online

www.bridgewaterma.org

Cost

\$35 Donation

Proceeds go to the
B.C.A.C.V. to help stop
the violence

Introduction to Women's Self Defense

An interactive 4 week program offered to women ages 15 and older. Learn the best techniques to protect yourself through demonstrations and interactions between students and instructor.

Sunday

April 11, 18,25 and May 2, 2010

7 p.m. to 9 p.m.

Classes will be held at the Bridgewater Senior Center,
10 Wally Kruger Way; off Route 18

Sponsored by: Bridgewater Coalition Against Community Violence & the
Bridgewater Acting Police Chief Michael Bois

**BRIDGEWATER POLICE
DEPARTMENT**