

# SELF DEFENSE



**FREE CLASS**

Learn simple strategies that make a life saving difference in reducing your risk of crime. Learn unarmed self-defense & the use of personal protection devices.

## for seniors

(9239)Tues, Jan 16	1:00-2:00pm
(9240)Wed, April 10	1:00-2:00pm
Washington Center	<b>FREE</b>
<i>Instructor: Live Safe Academy</i>	



Register at  
[www.rwbparksnrec.org](http://www.rwbparksnrec.org) or  
call (586)752-6543