

Self DEFENSE



To Register

Call:

Scott Hile at
508-697-6118 or email
Shile@bridgewaterma.org

Online

www.bridgewaterma.org
www.precisiontangsoodo.com

Cost

\$35 Donation
Proceeds go to the Plymouth
County Drug and Alcohol
Resistance Education
Summer Camp

Introduction to Women's Self Defense

An interactive 2 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 30 and May 7, 2017
6 p.m. to 9 p.m.

Classes will be held at the Bridgewater Sports Complex,
350 Bedford Street; off Route 18

INSTRUCTORS:

SGT. CARL H. MacDERMOTT &
OFFICER SCOTT R. HILE

Sponsored by: Bridgewater Police Chief Christopher Delmonte

BRIDGEWATER POLICE
DEPARTMENT