

Self DEFENSE



To Register

Call:

Rebekah Caylor at
617-304-3425 or email
Rebekah@bpd5k.com

Online

www.bridgewaterma.org

Cost

\$25 Donation Cash or Check
Payable to Bridgewater
Police Foundation
Proceeds go to the Project
PACK

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

**November 10 and November 17, 2019
6 p.m. to 9 p.m.**

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

INSTRUCTORS:

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

Sponsored by: Bridgewater Police Chief Christopher Delmonte

**BRIDGEWATER POLICE
DEPARTMENT**