

MANALAPAN SENIOR CENTER

SELF-DEFENSE FOR SENIORS

**TUESDAY, JULY 29
10:00AM**



**Manalapan Community Center
114 Rt 33 West, Manalapan**

HOW TO PROTECT YOURSELF

- **SAFETY TIPS AT HOME AND AWAY**
- **LEARN HOW "NOT" TO BECOME A VICTIM**
- **HOW TO PROPERLY WARM UP, KNOW YOUR BODY & LIMITS**
- **BREATHING & ESCAPE TECHNIQUES**
- **DISTRACTIONS**
- **ITEMS THAT CAN BE USED TO PROTECT YOURSELF**

**PARTICIPANTS SHOULD WEAR LOOSE
CLOTHING & SNEAKERS. PHYSICAL PART OF
THE CLASS IS STRICTLY VOLUNTARY.**

**RSVP BY 7/23
IN PERSON OR CALL 732-446-8401**