



## **SELF-DEFENSE FOR SENIORS**

**“Street Smart Self Defense” is for mature adults age 50+. In this session we will cover verbal de-escalation, setting personal space boundaries and self defenses that are appropriate for this population.**

**This session covers the A—B—C’s of self defense. Awareness, be calm, communicate with confidence. We will cover basic common sense safety tips.**

**Would you know what to do to protect yourself???**

**Wednesday, May 20, 2020 @ 12:15 p.m.**

**Instructors: Master Mike Bogdanski &  
Master Kristin Duethorn ~ Quest Martial Arts in Putnam**

**Space is limited: Call 860-774-1243 to sign up!  
Location: 69 South Main St. Brooklyn, CT**

**This very important program is sponsored by:  
The Jewett City Savings Bank Foundation and  
The Quinebaug Valley Senior Center**