



SELF-DEFENSE for Seniors

THURSDAY, NOVEMBER 7 AND 21, 2019

11:00 A.M. - 1:30 P.M.

NORTHWEST CAMPUS

GENERAL ARTS BUILDING

ROOM G211

8200 W. OUTER DRIVE, DETROIT, MI 48219

This class is designed for participants to learn protection and prevention strategies to defend themselves against violent acts.

Participants will receive information on:

- Skills needed to defend themselves
- Various self-defense techniques for their personal protection or use