



# Chesapeake TRIAD / S.A.L.T. Council

**(Seniors and *Law Enforcement Together*)**

Invites you to a FREE

**Workshop/Presentation**

**“SELF DEFENSE FOR SENIORS”**

**Tuesday, January 15, 2019**

**10:00 to 11:00 am**

**Hosted by**

**CHANGING LIVES MARTIAL ARTS**

**1400 Kempsville Road Ste 102 Chesapeake, VA 23320**

**757-690-2045**

- Offered to seniors of all physical levels and mobility (including wheel chair bound).
- Senior self-defense techniques are simple, quick, & effective, and require no special strength or flexibility.
- You are welcome to participate, or observe.
- Please wear loose and comfortable clothing (with bare feet or clean shoes for the mat).
- For insurance purposes, all attendees will be required to sign a release waiver.

Gaining self-awareness can assist you during an assault

Join us for a safe, and fun, learning experience.

**\*Please RSVP by 1/11/19 @**

**www.eventbrite.com “Chesapeake Triad Senior  
Workshop”**

**chesapeaketriad@gmail.com**

**or CALL: 757-382-2268**