

Personal Safety with Arm Chair Judo

Instructor: Allan Few

Tuesday March 4 and 11

12:00 - 1:30 p.m.

during Indoor Walking

Allan is also willing to do this today after coffee and
on March 9 for about $\frac{1}{2}$ hour.

This is an opportunity to learn some skills in defending yourself in
times when you are concerned about your personal safety
(ie: car parks, walking in the dark, hallways, front door opening).

Please sign up on the sheet by the kitchen to indicate how many
are interested.

