



“Staying Aware & Safe”

Self-Defense Training

(Suitable for **WOMEN** of all fitness levels)

Class Dates: Mo. 3/27, Wd. 3/29, Mo. 4/3, Wd. 4/5, Mo. 4/6 (Aerosol) **Time:** 6:00pm-8:00pm

Cameron School Gym

215 Elm Street
Framingham, Ma. 01701

Learn strategies and defense techniques to avoid being victimized.

Prepare and have a plan for avoiding a physical attack, cons or scams.

Learn to make more educated decisions in your response to unsafe conditions.

The lessons and physical moves taught through this program are easy to learn and to apply to real-life situations.

Sponsored By:

Framingham Police Department
1 William Welch Way
Framingham, MA 01702



Class information:

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