50 & Wiser Self-Defense Short Course



FREE!



Two separate 1-hour time options: 10am, 6pm each day, participants may attend whichever time they choose.

Hosted by TRIAD & Orange County Parks and Recreation
Learn to avoid fraud & scams, the 5 A's of self-defense, the
practical application of self defense, use of everyday "weapons,"
some martial arts defense techniques, and much more!

SELF-DEFENSE IS YOUR RIGHT!

Please Call OCPR to Register for this Free Program

(540) 672-5435

www.orangecountyva.gov/parksandrecreation

Orange County TRIAD: (540) 672-1536