

SENATOR MARIO MATTERA & SENATOR ANTHONY PAULMBO PRESENTS



WOMEN'S SELF DEFENSE CLASS

SATURDAY, APRIL 30TH 10 AM - 12 PM

LEARN

- SELF DEFENSE TECHNIQUES
- LAWS ON SELF DEFENSE
- KNOW YOUR RIGHTS



SENATOR MATTERA, SENATOR PALUMBO & THE LI BREAKTHROUGH CENTER

WITH
SENSEI MIKE

FROM
ALL ISLAND
MARTIAL ARTS

more details

MATTERA.NYSENATE.GOV
MATTERAY@NYSENATE.GOV

631.361.2154



JOIN US AT
3723 ROUTE 112
MEDFORD

- ✓ Increased Strength
- ✓ Increased Fitness
- ✓ Defense Techniques
- ✓ Protection
- ✓ Self Confidence

Prevent Car Thefts



Do not create an opportunity to become victimized.
If you suspect a crime has occurred or a condition appears to be suspicious please report it.

For an Emergency dial 9-1-1
For Nonemergency dial 631-852-COPS



Lock your car
doors



Take your keys. Do
not leave Key Fobs
in the vehicle.



Remove all your
belongings. Do not
leave valuables in
plain view.



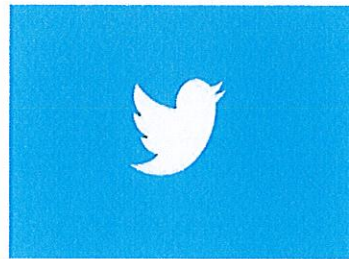
Never leave your
vehicle unattended
with keys in the
ignition.



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SCPD6thPrecinct