

Edison Senior Center Offers Free Senior Self Defense Program

Edison resident, Bob Matland, former owner of the Black Belt Institute in Metuchen will offer all Edison residents a FREE program “Senior Self Defense” on Monday, February 11, 7pm. at the Edison Senior Center, 2963 Woodbridge Ave., Edison.

Designed to provide older adults protection strategies to guard against ever growing violent acts involving the most vulnerable population in our country this fun, interactive program will allow senior self defense participants to learn self defense strategies to help protect themselves from assaults and escape from attackers.

The senior self defense techniques are simple, quick, and effective, and require no special strength or flexibility. Techniques include RAD; Recognize, Avoid, Defend, the art of deception, how to react to physical force, weapons and simple safety tips for older adults.

Pre-registration is required by calling 732-248-7345.