



Learn Self Defense techniques to improve your safety, including prevention strategies. Gain confidence in using your own body and the tools you already have to protect yourself.

# SELF DEFENSE CLASSES



**Thursday, April 27<sup>th</sup> 5:30-7:30pm**  
**Or Saturday, June 10<sup>th</sup> 9-11am**

**Brought to you by:**  
Eastern Area Agency on Aging &  
Sensei Steve Apsaga of  
Maine Traditional Karate & Fitness

**Call Eastern Area Agency on Aging at  
941-2865 or 800-432-7812 to register.**

**Location:** Eastern Area Agency on  
Aging ANNEX, located in the Airport  
Mall, 1129 Union Street, Bangor

Cost is \$35 per person for a 2 hour  
class!

Dress in loose fitting, comfortable  
clothing and sneakers.