

Seniors self Defense with



SATORI ACADEMY OF MARTIAL ARTS

New Date!

When

January 30th, 2025 at 1pm

Where

North Brunswick Senior Center
15 Linwood Pl, North Brunswick, NJ

What

Opportunity to learn basic self defense techniques geared towards Seniors

Bring

Dress Comfortable & wear sneakers

Register: [https://bit.ly/MFSCJanuary 2025](https://bit.ly/MFSCJanuary2025)



<https://www.instagram.com/mfscmiddlesex>



<https://twitter.com/MFSCMiddlesex>



<https://www.facebook.com/MFSCMiddlesex/>

Defensa Personal de Adultos Mayores con



Nueva Fecha!

Cuando

30 de Enero, 2025 a la 1pm

Donde

**North Brunswick Senior Center
15 Linwood Pl, North Brunswick, NJ**

Cuando

**Oportunidad de aprender técnicas básicas de
defensa personal dirigidas a Personas Mayores**

Traer

Vístase cómodo y usar zapatos cerrados



Regístrate: [https://bit.ly/MFSCJanuary 2025](https://bit.ly/MFSCJanuary2025)



<https://www.instagram.com/mfscmiddlesex>



<https://twitter.com/MFSCMiddlesex>



<https://www.facebook.com/MFSCMiddlesex/>