



Tuesday, August 22, 2017

Bladensburg Community Center
4500 57th Avenue, Bladensburg, MD 20710
Call to pre-register: 301-277-2124



FREE
Senior Safety and
Self-Defense Symposium
10 a.m. - 1 p.m.

Safety and practical self-defense methods
for adults 55 and better.

A free community symposium offered by We Lead By Example, Inc., in partnership with M-NCPPC and Bladensburg Transforming Neighborhoods Initiative. Refreshments provided. M-NCPPC membership not required.

Questions:

Dr. Clifford L. Thomas, President and CEO
We Lead By Example, Inc./Tae Kwon Do Ramblers Self-Defense Systems
telephone: 202-251-1030, e-mail: tkdramblers@yahoo.com
website: www.ramblers-tkd.org

The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.