

Northfield Recreation Commission
is pleased to offer:
Basic Self Defense for Women
Offered to Northfield residents ages 13 and up

Instructors are Officer Brian Kellogg and Sergeant Lee Laster

Officer Kellogg has been working with the UMass Amherst Police Department for 16 years and is also a R.A.D Instructor for 12 years and currently assigned to the Community Outreach Unit.

Sergeant Laster works for the Montague Police Department, has been an officer for 16 years and owns his own business called Western Massachusetts Self Defense and holds many other certifications.

The dates of the program are:
March 28th & 30th
April 4th & 6th
From 6-9 pm in the
Northfield Elementary School gymnasium

This event is open to Northfield residents
please call Bridget at 522-2313 to be added to the list by March 21st
Everyone must preregister

Out of Town friends may call and will be added to the list if there are openings after the
3/21

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