



SHELTON POLICE DEPARTMENT



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***** NEWS RELEASE *****

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By: Sergeant Michael Lawrence

The Shelton Police Department announced today that it will be offering a series of three self-defense training classes in May for women ages 15 and above free of charge. The instruction will be fast moving hands-on classes covering topics such as environmental awareness, how to defend against an attacker using simple concepts and vital striking points. You may participate as much as you like or just observe and listen. It is advisable to wear comfortable clothing and sneakers.

This class is a cooperative effort by the Shelton Police Department Crime Prevention Program and "Women in Black" - Self Defense Instructors.

"We have offered these classes in the past and they have always been very well received". - Sergeant Michael Lawrence.

The class dates are Thursday evenings; May 1st and 8th from 7:00 to 9:00 at the Plumb Library Huntington Branch, 41 Church Street and Saturday; May 31st from 10:00 to 12:00 at the Shelton Community Center, 41 Church Street. The Police Department advises that space is limited for the sessions and to reserve a spot, you may contact Janice Heusser at 924-1544 extension 352.