



Bishop's Training and Fitness  
319 Manley Street  
West Bridgewater, Ma

## Announcement

### Self Defense Classes for Women

Denise Papagno and Eddie Bishop are offering an intensive 6 week self defense program at Bishop's Training and Fitness Center. Learn ways to protect yourself, your family and your home.

Papagno a police officer offers vital information to prevent victimization. Participants will be taught about personal safety, home security, identity theft, sexual assault, sexual harassment, workplace and school violence, domestic violence and discuss choice of weapons.

Bishop who is trained in wrestling, shoot-fighting, judo, Brazilian Jiu-jitsu and boxing will teach hands on self defense. You will learn stun and run techniques, how to escape grabs and holds and learn how to strike and where to strike. Develop skills to protect yourself from an attacker.

**Sign up today**

**508-559-2611**

**Classes start March 1<sup>st</sup>-April 5, 2010**

**From 7-9 p.m.**

**\$99.00**

**HYPERLINK "http://www.bishopstrainingandfitness.com"**

**[www.bishopstrainingandfitness.com](http://www.bishopstrainingandfitness.com)**

Mothers and daughters are encouraged to take the class together. Ask about our special rate. Minimum age of 15.

Please share this with your staff and customers they will thank you for it.