



CAMBRIDGE POLICE DEPARTMENT



Self-Defense Course for Women



The Cambridge Police Self-Defense Program is a 4-week course consisting of realistic self-defense tactics and techniques.

The program is a comprehensive course for women, which begins with awareness, prevention, risk reduction and avoidance, before progressing to the basics of hands-on defense training.

This is not a martial arts program.



The Self Defense Program is offered FREE to female Cambridge residents and City employees.

To reserve a spot in this class, please call 617-349-6009.

Space is limited and will be on a first come, first serve basis.

The program consists of 4 classes, running from 9AM-12PM. Participants *must* attend each session:

Saturday, October 15
Saturday, October 22
Saturday, October 29
Saturday, November 5

**Citywide Senior Center
806 Massachusetts Avenue**

Here is what past participants had to say about their experience with the program:

“The instructors created a very supportive environment that gave us the confidence to travel the city streets with the knowledge that we have options if confronted.”

 **Follow @CambridgePolice**

“Like” us at [facebook.com/CambridgePolice](https://www.facebook.com/CambridgePolice) 