



Street Smarts Program
Instructor: Master Sensei Geoffrey Hollister

July 12th from 6 to 7:30 pm
And
July 26th from 6 to 9 pm

Enfield Community Center
162 Enfield Main Rd
Cost is Free

This program is geared to young adults who might be living on their own for the first time but can offer tools for anyone else looking for basic skills navigating day to day situations where caution should be used and basic self defense techniques might be useful.

This one time course covers safety skills for various areas such as; In your car, In your home/apartment, Out and about and basic self defense techniques.

Geoffrey Hollister is a local Enfield resident who runs the Ithaca Martial Arts Center. He is a Master Sensei and has extensive training in Street Smarts Programming, Senior Balance and Movement, is a member of Martial Artists Against Bullying, is trained in Safety Net Kids (No Easy Target) Bullying and Safety Program. We are very excited that he is offering his programs to us at no cost and that he is designing further programs for us to offer at the community center. In the works are a Senior Balance and Movement Class and an Intro to Martial Arts Class, these will be offered at a very minimal cost to participants.

For more information on the Street Smarts Program or other programs please contact Colleen at cms326@gmail.com