



**THE  
MAPLE PARK POLICE  
DEPARTMENT  
IS PRESENTING  
FEMALE SELF DEFENSE**

**10 MARCH 9AM-12NOON**

**MEET AT THE LIBRARY FOR A SHORT PRESENTATION AND THEN GO TO THE GYM. LADIES MAY DO ONE OF TWO THINGS, OBSERVE OR PARTICIPATE. IF YOU WISH TO PARTICIPATE WEAR GYM TYPE CLOTHES AND GYM SHOES. THERE IS NO COST FOR THIS! TOM SCOTT, OWNER OF A MARTIAL ART SCHOOL AND FOUR OR FIVE FEMALE BLACK BELT INSTRUCTORS WILL BE PRESENT TO DEMONSTRATE AND INSTRUCT.**

**PLEASE CALL 815-827-3286 TO REGISTER SO WE WILL KNOW HOW MANY ARE ATTENDING**

**SGT. HODGES OR OFFICER RISSMAN**