

FREE SELF -DEFENSE & AWARENESS CLASS AT CALLAHAN'S KARATE

MONDAY FEBRUARY 29 ~ FROM 7 TO-8:30PM



Free self -defense & awareness class Monday 2/29 7:00-8:30pm. Open to the public.

Great opportunity for parents, family, relatives, & friends of Callahan's Karate students to learn real and effective self defense techniques & strategies to help keep safe.

Callahan's Karate is located at 20 North Road in Bedford.

[Click to learn more on Callahan's Facebook event page](#)