



## **Kick the Crap Out of Ageism** ***CONFRONTING AGEISM THROUGH EMPOWERMENT***

To address the recent rise in violence toward seniors in New York, and to empower older New Yorkers to avoid problems on the street as well as to defend themselves when needed, Gray Panthers in collaboration with Sei Shin Dojo is offering an introductory self-protection seminar for seniors.

Saturday, April 15,  
3 pm to 4:30 pm

Sei Shin Dojo  
12 East 32nd Street, 4th Floor  
New York, NY 10009

For more information, please contact:

<https://www.graypanthersnyc.org/martial-arts-sign-up>  
or call 917 535 0457

