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Pickering Manor Hosts Free Seminar – Senior Self Defense Techniques

NEWTOWN, Pa. – Pickering Manor in Newtown will be hosting its 2nd of two, one-hour seminars titled “Senior Self-Defense Techniques” on Thursday, June 23rd at 2 p.m. (226 N. Lincoln Ave.) The seminar for seniors will cover how to be mindful of your surroundings, how to use everyday items for self-defense, simple yet effective self-defense moves and how to avoid dangerous situations. The demonstrator will be Mr. C from Action Karate of Newtown. Mr. C ([Matt Chrobocinski](#)) has been studying martial arts for over 15 years, is a 3rd degree Black Belt and is the head instructor at Action Karate.

Call 215-968-3878 ext. 1074 to reserve a seat for this free seminar as there is limited seating available.

Located in Newtown, Pickering Manor is a non-profit Continuing Care Resident Community offering 10 semi-detached Cottages, 24 Apartments, 22 private Personal Care units and 47 licensed Rehab/Skilled Nursing beds. Pickering is a five-time recipient of a 5-star overall quality rating from the Centers for Medicare and Medicaid Services, the highest score possible. For more information about Pickering Manor visit www.pickeringmanor.org.

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