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Warrior to Warrior Wisdom

Date and Time

Thursday 10/17/2019 10:00 to 11:30am

Event URL

[Chesterfield Triad](#)

Event Region

Richmond Area

Event Type

Class - Workshop

Event Cost

\$0.00

Event Description

Chesterfield Triad: Warrior to Warrior Wisdom: Damsel in Defense Warrior Workshop for Senior Citizens – Thursday, October 17, 2019 10-11:30am

Senior Citizens should never be vulnerable to criminals who target them because of their age. Josie Hopkins, will present a Warrior Workshop that helps TRAIN Senior Citizens to develop situational awareness, making them more alert to potential danger; DEVELOP Senior Citizens to become less vulnerable; TEACH Senior Citizens to respond to threats and situations without panic through muscle memory; ENGAGE Senior Citizens to true life situations and role-play effective means of survival & EQUIP Senior Citizen to be confident, aware, alert, prepared and win.

Free and open to the public For more information contact Aging and Disability Services at 804-768-7878 or AgingServices@Chesterfield.gov