



NEW YORK STATE SENATOR

Mario R. Mattera

Senator Mattera Hosting Self-Defense Class In Medford

MARIO R. MATTERA April 16, 2022



Senator Mario R. Mattera (2nd Senate District), Senator Anthony Palumbo (1st Senate District) and the The Long Island Breakthrough Center are joining along with the Suffolk County Police Department's 6th Precinct and Sensei Mike from All Island Martial Arts, a local martial arts school, to host a free self-defense class for men and women. This class will be held on Saturday, April 30th from 10:00 am to 12:00 pm at the Long Island Breakthrough Center located at **3723 Route 112 in Medford**. The community is welcome to come and learn self-defense techniques, assault prevention, and to socialize while getting some exercise.

“Although we do our best to combat crime and assault, we still have to deal with it. I hope the community comes to learn techniques and skills that are needed to protect

themselves. We can empower our community through education to help prevent the assaults.” said Bishop Robinson from The LI Breakthrough Center.

The participants at this event will be trained by self-defense experts to learn self-defense techniques. In addition, the elected officials will provide updates on legislation related to violence and assault, and will speak about other services that are available for the community.

For more information or to register, please contact Senator Mattera's district office at 631.361.2154 or email KMurphy@NYSenate.gov.