

Essex County – Tappahannock Triad

Protecting Older Citizens



DEFEND YOURSELF

*Basics for Seniors
on Self-Defense,
Crime Prevention*

Jay Mitchell, Virginia Marine Police Officer

Capt. Jacob Siddons, Tappahannock Police Dept.

Tuesday, May 2 at 10:00 a.m.

Old Beale Baptist Church Sanctuary

At the corner of Church Lane and Queen Street in Tappahannock

Avoid being a victim – know what to be on the alert for, how to protect yourself, how to call for help.



Triad is a partnership among law enforcement, older citizens, community organizations and others to enhance the safety and quality of life of older citizens. For more, contact Tappahannock Police Dept. 804-443-3992. Email: essextriad@gmail.com