



City of East Providence
145 Taunton Ave.
East Providence, RI 02914



PRESS RELEASE

FOR IMMEDIATE RELEASE

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East Providence Recreation announces introduction to Shotokan Karate-Do

EAST PROVIDENCE, RI – The East Providence Recreation Department will sponsor beginner lessons in Shotokan Karate-Do for adults and youth ages 10 and over.

The instructor is Eduardo Bettencourt. Mr. Bettencourt is a second-degree black belt in Shotokan Karate-Do and a member of the Japan Karate Association. Martial arts can improve coordination, balance and overall physical fitness. Shotokan Karate-Do stresses non-violence and respect for others.

Lessons will take place at the Robert Rock Senior Center located at 610 Waterman Avenue on Saturday May 4, 11, 18 and 25, 2024. Lessons for youth ages 10-17 are from 9:30 AM – 11:00 AM; Adults 18 and over meet from 11:00 AM – 12:30 PM.

The fee is \$20 per person for the four-week program. Register online at <https://eastprovidence.recdesk.com> or by calling the Recreation Department at 401-435-7511.

For more information, please call the Recreation Department at 401-435-7511.

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