



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE SAFE BE SMART BE AWARE



Community Self Defense Workshop

Don't live in fear! Build confidence while learning practical self defense techniques in a variety of situations. Raise your awareness to help you avoid potentially dangerous situations.

Free to attend
Open to those ages 13+
Saturday, November 17, 2018
9:00 am to Noon

Register by calling the YMCA at 585-5220 or stop by the front desk for more details

About the Instructor: Betsy Marmaras, Forest City YMCA Healthy Living Coordinator, has been teaching self defense classes around the United States for 30 years. She most recently attended an extensive non-ballistic clinic taught by Steve Tarani (CIA, FBI) and author of "Your Most Powerful Weapon How to Use Your Mind to Stay Safe." Marmaras holds a Black belt in Taekwondo as well as a Brown belt in Hapkido.

FOREST CITY FAMILY YMCA
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