



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CONFIDENCE KNOWLEDGE EMPOWERMENT

## Self-Defense Workshop for Teens YMCA FAIRFAX COUNTY RESTON

To celebrate Women's Health Awareness Month, YMCA Fairfax County Reston is hosting a **FREE** seminar to practice safety and

situational awareness for female teens ages 13-21.

The seminar will be led by our very own Howard Kee, a 5th degree black belt and a YMCA professional. The class will include techniques for personal safety, tactics, and how to interact with police officials.



**WHEN:** Saturday, October 21st  
**TIME:** 10:30am-11:15am (lecture)  
11:15am-1:00pm (hands-on skills)

**LOCATION:** YMCA Fairfax County Reston  
12196 Sunset Hills Road  
Reston, VA 20190  
P: 703-375-7029

**RSVP:** Please RSVP by noon on Friday, October 20th to our Group Exercise Coordinator, Kaleen Harrison at [kaleen.harrison@ymcadc.org](mailto:kaleen.harrison@ymcadc.org)