



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SITUATIONAL AWARENESS FOR WOMEN

Women's Wellness Event YMCA FAIRFAX COUNTY RESTON

As an acknowledgement to Women's Health Awareness Month, YMCA Fairfax County Reston is hosting a **FREE** seminar to practice safety and situational awareness.

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 22nd
TIME: 10:30a-11:00a (lecture)
11:00a-12:30p (hands-on skills)

LOCATION: STUDIO A
YMCA FAIRFAX COUNTY RESTON
12196 Sunset Hills Road
Reston, VA 20190

Contact Kaleen Harrison for more information
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