



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WOMEN'S SELF DEFENSE CLINIC

**CAROLINE FAMILY YMCA &
CAROLINE COUNTY PARKS AND RECREATION**



This **FREE** seminar is open to everyone! It is designed to bring awareness, prevention, and risk reduction, while learning basic defense tactics and techniques. Be empowered!

MUST PRE-REGISTER.

LOCATION

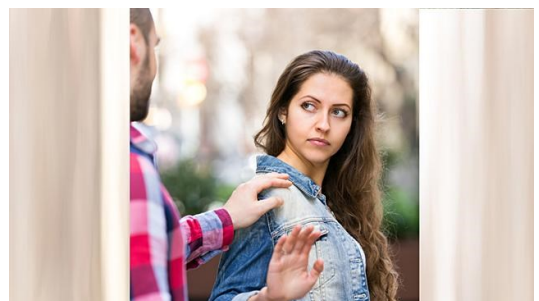
CAROLINE FAMILY YMCA
17422 Library Blvd, Ruther Glen VA 22546

DATE

Saturday, July 15, 2017 11:00 AM - 12:30 AM

AGES

13 and Older



Call Caroline Family YMCA to register 804-448-9622. Registration closes July 14, 2017.

CAROLINE FAMILY YMCA
17422 Library Blvd, Ruther Glen VA 22545
P 804-448-9622 www.family-ymca.org