



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COFFEE TALK



SELF-DEFENSE FOR SENIORS

Wednesday Oct 5th, 10:00 AM

GE Room - FREE and Open to the Public

The concept of self defense for seniors gives techniques to overcome vulnerability and reduce the need for physical contact. Join Brian Arrington of TKO-Erie for this informative talk on situational awareness and understanding your capabilities.

Speaker Brian S. Arrington has worked over 28 years in law enforcement. He is a Certified 6th Degree Black Belt, Member of the Blackbelt Hall of Fame, Police Defensive Tactics Instructor, U.S. Army Hand to Hand Combat Instructor, National Sport Karate Competitor and former State Fighting Champion.



Registration not required. For more info, please visit ymcaerie.org/programs.

Can't make it to the talk? Catch the live stream on the YMCA of Greater Erie Facebook page.

EASTSIDE FAMILY YMCA
2101 Nagle Road Erie, PA 16510 814-899-9622