

Something Simple Café &
AHM Youth and Family Services Present



Self Defense Classes

\$20
Per person

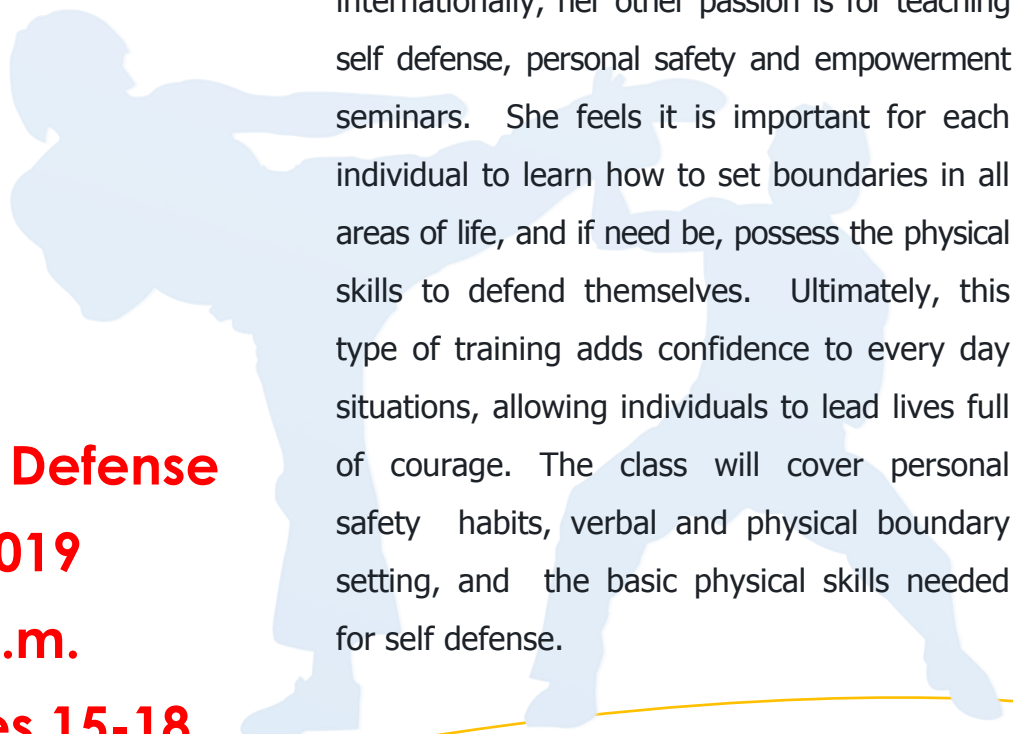
Learn Basic Self Defense

June 26, 2019

6 to 8:30 p.m.

FOR TEENS Ages 15-18

Kristin Duethorn is a Sixth Degree Black Belt and a certified Adrenaline Stress Training Coach. She has been teaching martial arts for over twenty years, and is the co-owner of Quest Martial Arts in Putnam CT, a full time training facility. In addition to competing internationally, her other passion is for teaching self defense, personal safety and empowerment seminars. She feels it is important for each individual to learn how to set boundaries in all areas of life, and if need be, possess the physical skills to defend themselves. Ultimately, this type of training adds confidence to every day situations, allowing individuals to lead lives full of courage. The class will cover personal safety habits, verbal and physical boundary setting, and the basic physical skills needed for self defense.



AHM Youth and Family Services
25 Pendleton Drive, Hebron, CT 06248

RSVP Michelle Hamilton at michelleh@ahmyouth.org
or call 860-228-9488. SPACE IS LIMITED

