

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



**Register today at
www.lakotaymca.com**

FREE SELF DEFENSE CLASS NOVEMBER 19, 10 - 11 AM



It's the holiday season and if you are going to be one of the millions of people traveling over the next few months you should be aware of the things that you'll need to know to keep you and your loved ones physically and mentally safe.

Buckner Martial Arts in partnership with the Lakota YMCA will be offering a FREE Self Defense Class. In this class participants will learn basic self defense techniques and situational awareness to stay safe during the busy holiday shopping and travel season.