



THE CITY OF EL MONTE
presents a



FREE!

SELF DEFENSE SESSION!

Fridays
June 16 | July 28 | August 18

9:00 AM - 10:00 AM

Join us for a chance to learn basic self-defense strategies and techniques to help keep you active and safe. These self-defense sessions will be led by instructors from the USA TaeKwonDo Center, the longest running and most experienced TaeKwonDo school in the City of El Monte!

Jack Crippen Senior Center 3120 N. Tyler Avenue El Monte, CA 91733



#HealthyElMonte



For more information regarding the free self-defense session, please call the Community and Senior Services office at (626) 580-2210.