

## Self-defense Demo

by Debbie Manis

**W**omen and teens can learn how to defend themselves at a self-defense demonstration from 1:30 to 3:30 p.m. June 14 at the Golden Triangle YMCA, 1465 David Walker Drive, Tavares.

A video, Just Yell Fire, about empowering girls to protect themselves will be shown followed by a demonstration and hands-on activities

The instructor, Chris LeRoux, is a fifth-degree black belt and has more than 30 years of experience.

Participants are encouraged to wear comfortable clothing.

Donations will be accepted. Proceeds will go toward youth scholarships. ■