



Basic Self-Defense/Defensa Personal Básica

Learn about the importance of being alert of surroundings and basic techniques to defend yourself.
Aprenda la importancia de estar alerta de nuestros alrededores y técnicas básicas para defenderse.

Date/Fecha: 07/17/2025

Time/Horario: 9:00am-10:30 AM

Location/Ubicación: Whittier Wellness Community
7643 S. Painter Avenue
Whittier, CA 90602

