

CLAUDE PEPPER SENIOR CENTER

1762 S. LA CIENEGA BLVD LA, CA 90035

310-559-9677 CLAUDEPEPPERSENIORCENTER@LACITY.ORG

**SELF DEFENSE
PRESENTATION FOR SENIORS**

PROTECT YOURSELF



KEITH HARDINE

- LEAD INSTRUCTOR,
DEFENSIVE FLASHLIGHT
WORKSHOPS
- 30+ YEARS MARTIAL ARTS
EXPERIENCE
- HAS TRAINED LAW
ENFORCEMENT, SECURITY
PROFESSIONALS, &
PROBATION OFFICERS



FRIDAY, MAY 31, 2024 1:30PM

SIGN-UP IN THE LOBBY