

Join MHA'S FREE Taekwondo Workshops

**Workshop: Bullyproof and
Confidence Building**
Date: Saturday, April 27th
Time: 12:30pm

Workshop: Self-Defense
Date: Saturday, May 4th
Time: 12:30pm

Location: UMAC
114 Old Rte 6, Carmel Hamlet, NY 10512

Workshops are available for ONLY Putnam County youth who are between the ages of 8-18

SIGN UP FOR ONE OR FOR BOTH WORKSHOPS!

You must RSVP by April 19th to guarantee a spot (which are limited). Kindly email your child's name(s) & age to info@mhaputnam.org or leave a message at (845) 278-7600 X203

These events are co-sponsored by The Putnam County Youth Bureau, the NYS Office of Children & Family Services, and the Mental Health Association in Putnam County

**CHILDREN MUST BE
ACCOMPANIED BY AN
ADULT**

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Mental Health Association in Putnam County