

ATTENTION EMPLOYEES: SELF-DEFENSE CLASSES OFFERED

We are offering all employees practical self-defense classes where they can learn how to protect themselves and their families. During these classes, students will learn techniques and tactics from experienced law enforcement professional and world-class martial artist Sheldon Howard. He is the wellness director at the Fulton County YMCA, a retired NYPD captain and a sixth degree black belt.

The course includes three hour-long classes over a three-week period.

The classes are free to employees who have a Fulton County YMCA membership through Lexington. Employees who do not have a YMCA membership will be charged \$15 to take all three classes. Eligible employees who attend all three of their scheduled weeks may claim the Make Prevention a Priority Bingo box for a Lexington Wellness on-site class.

In order to provide the self-defense classes, we need at least 10 employees registered to attend for each time frame. If you would like to participate, please fill out the bottom half of this form and return it to Bridgett Nestor at 127 East State Street, Human Resources Office, by March 6, 2017. If you do not have a Fulton County YMCA membership through Lexington, you must include your payment of \$15. If you are paying by check, please make the check out to "Lexington." Thank you.

If we do not achieve the number of employee registrations needed to have the class, your check will be returned to you or your cash will be refunded. If you have any questions, please contact Bridgett Nestor at (518) 775-5422 or via email at nestorb@lexcenter.org.

Name:

Employee ID Number:

Contact Phone Number:

Circle the three-week session you will be participating in:

Session 1: Friday, March 17, 24, and 31 | 3:30 p.m. | 405 County Highway 114, St. Johnsville – Multipurpose Room

Session 2: Friday, March 17, 24, and 31 | 12 p.m. | 127 E. State Street, Gloversville – Gymnasium