

City of Inglewood in collaboration
with Youthful Joy Foundation
Presents

**Ages
16+**

FREE **SELF-DEFENSE** **WORKSHOP**

Saturday, July 11, 2026
2:00 p.m. – 3:30 p.m.

ROGERS PARK

400 West Beach Avenue
Inglewood, CA 90302

Pre-registration is required.

Participants must register by July 9th.



Register online at

http://apm.activecommunities.com/inglewoodparkrec/Activity_Search/4146

For additional information, please call:
310-412-8750



Youthful JoyTM
Foundation