



NEW YORK STATE SENATOR

Joseph P. Addabbo Jr.

Addabbo Brings Self-Defense Class to Middle Village Seniors

JOSEPH P. ADDABBO JR August 5, 2011

| ISSUE: **SENIOR CENTERS, SENIORS**



Queens, NY, August 5, 2011 – On **Tuesday, August 2**, **NYS Senator Joseph P. Addabbo, Jr.**, brought a self-defense class to Middle Village led by a local woman trained in martial arts, part of a series of demonstrations he is co-sponsoring with her at senior centers around his district this summer. Co-sponsor and Fearless Fighting Females founder Evon Reyes demonstrated techniques to fight off an attacker before dozens of older adults who took her one-hour class at the Middle Village Senior Center, 69-10 75th Street; 718-894-3441.

Senator Addabbo's Director of Events, Peter DeLucia, says that more self-defense classes are planned for local senior centers this summer:

Thursday, August 25 @9:30 AM

Ridgewood Older Adult Center, 59-14 70th Avenue, Ridgewood; 718-456-2000

Thursday, August 25 @ 11 AM

Woodhaven Richmond Hill Senior Center, 78-15 Jamaica Avenue, Woodhaven; 718-296-0464

Adds Reyes, "I felt compelled to do something. I needed to help other women and girls." "There are six basic things we can do as women to help reduce our chances of being attacked. Every time I teach those basics in a class, I feel empowered by my women students and it fills me with so much joy. I definitely feel I receive so much more than what I give. I am excited to teach older adults how to fight off an attacker."

Senator Addabbo notes, "Most of my district's senior centers are predominantly attended by women. When I met Evon Reyes and she described her self-defense classes, which specialize in personal development and assertiveness training for women of diverse ages, I knew my seniors would welcome the idea. Evon's training methods have produced positive results in the lives of her students who don't want to become tomorrow's crime statistics. We're hoping many men at the centers will also fearlessly join the classes."

About Fearless Fighting Females

Fearless Fighting Females was founded in 2010 focused on two goals: to empower a woman by reminding her of what a powerful and spectacular creature she is; and to reaffirm what every woman should already know -- that no obstacle or challenge can stop her from dreaming or making dreams come true. According to Reyes, "Fearless Fighting Females is for all of us who fight to overcome our deepest fears so that we may conquer the challenges of tomorrow.

Evon Reyes has volunteered her time to local organizations and within her community by offering free one-hour self-defense workshops with WET Production Risk Takers Program, Girl Scouts of America, and the York College Women's Center. If you'd like more information about this topic, or to schedule an interview with Evon, please call her at 347-351-6782 or e-mail Fearlessff.info@gmail.com.

Fearless Fighting Females

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