

**PRESS RELEASE FROM
LEGISLATOR LESLIE KENNEDY.**



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LESLIE KENNEDY KICK'S WOMEN SELF-DEFENSE EFFORTS UP A NOTCH



(Leslie Kennedy takes photo with Women's Self-Defense Class)

July 24th, 2015 – This past Friday, Legislator Leslie Kennedy (R-Nesconset) hosted the first Free Women's Self Defense Classes located at Empire State Karate facility located in Smithtown. This community awareness event specialized in teaching women of all age's proper methods of self-protection.

The class was led by Suffolk County Police Department Officer Susan Levaglia and Empire State Karate instructor Joyce Santamaria. These two distinguished women have made great strides in teaching women all throughout Suffolk County the importance of safety through self-defense techniques. Leslie and several other Suffolk County women were esteemed students in this 2 hour self-defense session; they were taught a variety of physical and mental defense approaches that enhance personal safety in dangerous situations.



(Leslie Kennedy practicing her newfound self-defense technique!)

After having participated hands on in this class, Leslie stated: "the instructions and practice in self-defense tonight were both amazing and unforgettable! We will definitely be doing this again! A big thank you to all of the ladies that came down, and a special thank you to Officer Susan Levaglia and Joyce Santamaria for their gracious support!"

For more information about the Women's Self Defense Class or about any other events hosted by the office of Legislator Leslie Kennedy, please call our office at (631)-854-3735, and don't hesitate to reach us online at Leslie.kennedy@suffolkcountyny.gov or [facebook.com/legislatorlesliekennedy](https://www.facebook.com/legislatorlesliekennedy).

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