# Programme: Tips for Self Defense
- **Date:** 19 & 20 Jan 2013
- **Time:** 7.45am to 12pm
- **Fees:** RM35
- **USDCC Points:** 10 points - Lifelong Learning and Information Management
  - **Topic:** Basic concepts and techniques that aid in some defense situations

# Programme: Motivational Programme for Youth
- **Date:** 26 Jan 2013
- **Time:** 8.15am to 3.30pm
- **Fees:** RM25
- **USDCC Points:** 15 points - Emotional Intelligence & Teamwork
  - **Topic:** Future goal settings, self discovery, Effective communication skills

---

**Limited Seats!!**

For more information, please contact:
- Tel: 05 4688888 (Ext 2299/2300)
- Ms. Hee 012 651 2561  Ms. Uma 012 590 3634
- Ms. Lee 012 703 1169  Ms. Guan 014 913 6068
- Ms. Yap 012 959 8232  Mdm. Hew 016 536 6897
- Ms. Joanne 016 516 8944  Ms. Chloe 016 599 2968