

As the Administrative Assistant of Shore Awareness Self Defense (SASD), MD. Salena provides administrative support to the CEO, and assists him on daily operations.

Salena is a local resident, born and raised on the Eastern Shore of Maryland. She is a Registered Nurse by profession and an advocate for the aging, vulnerable adult, and youth population. She plays an active role in the community.

Salena began her journey of training in the art of self-defense in 2018 when she enrolled in the Krav-Maga program. Her training includes hand to hand combat, pressure point manipulation, the disarmament, and use of weapons, as well as self -defense tactics. She currently receives training from Andre and has developed a true passion for the art of self-defense!!!