

# violence prevention training

Learn *effective self-defense skills* and *have fun* in this **Low Commitment High Impact** basics workshop

## self-defense basics:

mental, communication, positioning, defensive and healing strategies for adults and teens

- peaceful conflict resolution
- verbal assertiveness
- responding to harassment
- effective physical techniques
- empower yourself and your community



**tuesday, may 4**

6:00 - 9:00 pm

\$40 (scholarship assistance is available)

Space is limited. To register, call **773.472.7663**

## upcoming classes:

*Five Fingers of Self-Defense course: for adults and teens*

*7/6-27, runs 4 tuesdays, 6-9pm*

**Thousand Waves** Martial Arts & Self-Defense Center, NFP

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