

advanced self-defense class: intervening when you witness violence

sunday, sep 19

2:30 -5:30 pm

\$40 (scholarship assistance is available)

Space is limited. To register, call 773.472.7663

 *prevent violence before it occurs*

 *stop verbal harassment*

 *interrupt a physical assault*



Witnessing violence is frightening. Many of those watching may want to help, but aren't sure what they can do, or whether it would help. Whether seeing a family argument or watching participants in a fender bender angrily yell at each other, participants will come away with concrete tools they can use to take action.

please check our website for other violence prevention classes

Thousand Waves Martial Arts & Self-Defense Center, NFP

1220 W. Belmont Ave, Chicago, IL 60657 • 773.472.7663 • www.thousandwaves.org

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