

low commitment high impact workshop

THOUSAND WAVES MARTIAL ARTS & SELF-DEFENSE CENTER

## Assertive Communication Workshop

You will learn to:

- Assert yourself
- Resolve conflict peacefully
- Set effective limits

Tuesday, September 11, 2012, 6:00p-9:00p

\$50 (scholarship assistance available)

Mixed Gender (adults and teens)

Register by phone: 773.472.7663

or online: [www.thousandwaves.org](http://www.thousandwaves.org)

1220 W. Belmont Avenue, Chicago



# empower yourself

THOUSAND WAVES

fostering FITNESS, HEALING, EMPOWERMENT and PEACEMAKING