Space is limited!

Five Fingers of Self-Defense

A Personal

Co-Sponsored by Alderman Tom Tunney, 44th Ward

Wednesday, September 11, 7:00-8:30p for Adults and Teens (mixed gender)

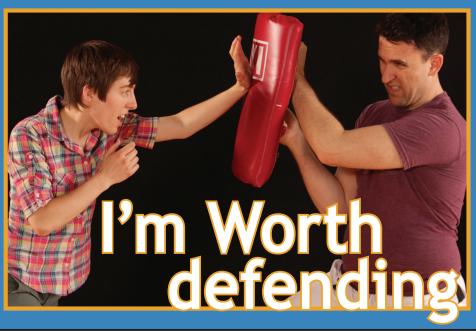
Come learn to:

- Improve your street smarts
- Recognize danger sooner
- Broaden your response options



FREE

WORKSHOP



Where.

THOUSAND WAVES | Martial Arts & Self-Defense Center, NFP 1220 W. Belmont Ave., Chicago, IL 60657