

**Space is limited!**  
Please register online at [thousandwaves.org/vpreg.htm](http://thousandwaves.org/vpreg.htm) or call 773-472-7663.

# Five Fingers of Self-Defense: A Personal Safety Workshop

Co-Sponsored by Alderman Tom Tunney, 44<sup>th</sup> Ward

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

**FREE  
WORKSHOP**

Come learn to:

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



**I'm Worth  
defending**

Where:

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