

WINDY CITY SELF DEFENSE



Come join Sisterhood TBI for a 1.5 hour self-defense course. Self-defense is much more than physically fighting back. Come learn some new skills to help keep us all safe.

Tuesday, November 13,
2018
7 pm – 8:30 pm
Temple Beth Israel

“This was one of the best things I’ve done for myself in a while. I am very glad I went. It was educational, mind opening and confidence building.”

You do not need to be strong, brave or male to be able to defend yourself. Awareness, confidence, verbal skills and physical self-defense techniques are skills we can all learn.

Dress in comfy clothes – water and snacks will be provided

The cost for the event is **\$18 per person**

I will attend (name) _____.

Total amount enclosed \$ _____ or I will pay the evening of the event

Please return form and payment to - Sisterhood TBI Attn: Cyndy Novak
3601 W. Dempster St. Skokie, IL 60076

Please RSVP by November 9, 2018



Questions?

Cyndy Novak (312.952.5232)

cyndynovak@gmail.com