



WOMEN'S SELF DEFENSE & HEALTH WORKSHOP

Join former Police Officer / Self Defense Expert, Dominick Izzo

And Massage Therapist / Wellness Expert, Jodi Kindle

For an engaging workshop featuring:

Hands on Tactics for Self Defense

Understanding and Developing Empowerment

Health, Wellness and Fitness for Self Defense

Monday ~ February 11 ~ 7 - 830pm

Goality Fitness Club

236 E Irving Park Rd

Wood Dale, IL 60191

Register to Attend this Free Workshop

Call (847)338-4822 or (847) 875-0458



The next best thing to fruits and vegetables.

