

Self Defense for Seniors

Friday, March 9th @ 10 am

Open to
seniors
60+



\$5 asking
donation

Lions Martial Arts Academy
Friday, March 9th @ 10 am
401 S Illinois 83, Grayslake IL

Join us for this Self Defense Class for Seniors. Learn strategies and techniques to be prepared for self-defense situations.

RSVP to Kari Pohar

847-740-6708

Funded by:



Funding does not cover all the costs for this program. Donations are appreciated, however no senior

PosterMyWall.com is ever denied to register for an event due to the inability to make a donation