

MUNDELEIN POLICE DEPARTMENT

WOMEN'S SELF-DEFENSE

WHEN

TUESDAY NIGHTS
March 13, 2018—April 3, 2018

TIME

6:00-8:00pm

WHERE

Mundelein Police Department

221 NORTH LAKE STREET MUNDELEIN, IL 60060

FOR REGISTRATION PLEASE CONTACT

JENNI HOUSE (847) 968-3770

<http://www.mundelein.org/police>

FIND US ON FACEBOOK!

**TEACHING AWARENESS
AND PREVENTION OF
VIOLENT ATTACKS AND
ARMING WOMEN WITH
THE TOOLS THEY NEED TO
PHYSICALLY DEFEND
THEMSELVES.**

AGES 18 & UP

**Exceptions made for 17
year olds with parental
permission.**

**THIS IS A FREE
CLASS!**

SPACE IS LIMITED!

**MAXIMUM OF 30
PARTICIPANTS**

TIP!

**Please wear workout
clothes or something
comfortable – this
class requires some
physical activity. Also,
please wear socks.**