

SELF DEFENSE WORKSHOP



Sponsored by
the Friends of the
Commack Public Library



Sunday, April 8th
2:00 PM - 4:00 PM

Please join John Goitis, owner and instructor at Trigon Martial Arts for a two-hour workshop in which you will learn simple and effective personal protection, how to de-escalate a conflict and avoid being a target as well as other self defense techniques.

Registration begins Saturday, March 10th