

Vitti's Dance Studio
Health & Wellness Series

SELF DEFENSE WORKSHOP FOR WOMEN

Led by Laura Nichols



- Improve awareness
- Learn to recognize & avoid risky situations
- Build safety & confidence
- Master effective basic self-defense techniques

Wear comfortable clothing. No experience needed!

◆ Sat 10/17/26 ◆ 12:30-2:00 p.m.
◆ \$35 preregistered ◆ register at:
◆ or \$40 day of ◆ vittisdancestudio.com

info@vittisdancestudio.com



SCAN ME



Held at : 10 Precision Rd Danbury, CT



203-748-2884