

Feigenholtz Invites Residents to Free Self- Defense Seminar

State Rep. Sara Feigenholtz (D-Chicago) will host a free self-defense workshop on Wednesday, May 16th, from 6:00 p.m. to 8:00 p.m. at the Center on Halsted, located at 3656 North Halsted.

"People need to keep their safety as a top priority, especially as the weather starts to warm up," Feigenholtz said. "It helps to be proactive and take measures to avoid becoming a victim of crime."

The workshop will be taught by Kevin Sogor of Lakeview's International Hapkido. Sogor has over thirty years of experience in self defense and martial arts training. This interactive seminar

is based on his "BACKOFF!" self defense courses and focuses on real life defense strategies. The course is designed for residents of every gender, age, and physical ability and no prior martial arts training is required.

"Kevin is a self-defense expert and we all can benefit from his knowledge and expertise," Feigenholtz said. "I am grateful that he has volunteered to share his knowledge and experience with local residents so that we can all better enjoy the warm spring weather together."

Space for the workshop is limited and RSVPs are required in advance. For more information, to RSVP, or to request a Neighborhood Watch sign for your home or business, contact Feigenholtz's constituent services office at 773-296-4141.
