



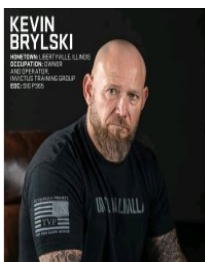
News Sheet “Update” April 8, 2025 ~ #46

Wendy Wiegers, Editor, wowiegers@comcast.net

Lambs Farm Magnolia Café & Bakery ~ Noon

Kevin Brylski

“In Home Safety & Self-Defense”



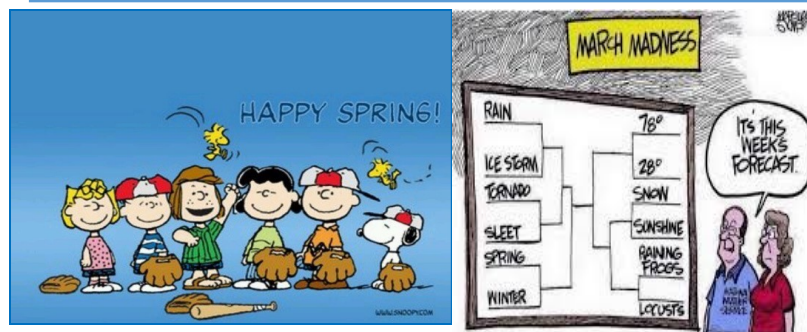
Kevin is the owner and operator of Invictus Training Group since 2015, located in Libertyville, whose focal point is making you more aware and ready to defend yourself, your family, and your friends by helping you to understand and better respect the dangers that exist in our lives and how to defend against them.

In 2009, Kevin graduated with a Bachelor of Science in Psychology/Management from Excelsior University, in Albany, New York, and was awarded the Lt General Arthur J. Gregg award for Leadership and Vision, and he served in the U.S. Navy for 20 years from August 1990—2010.

Today’s Presentation Notes:

1. Introduction and Mindset
2. Situational Awareness
3. Home Safety
4. Personal Safety in Public
5. Physical Defense Techniques

2025 LAKE COUNTY RETIRED TEACHERS ASSOCIATION	
May 13	Lynette Thornburg ~ Grayslake Arts Alliance Writers’ Group
June 10	Jackie Koukai ~ Certified Self –Talk Trainer
July	NO MEETING!
Aug. 12	Mary Grace Sharp, Alzheimer’s Assoc. of IL ~ Healthy Living for Your Brain & Body
Sept. 9	Jessica Hoselton ~ IRTA Executive Director
Sept. 16	Area 1 and Area Zoom Conference-9:30
Oct. 14	Marshall Brodien ~ Professional Magician Dover Straits Restaurant
Oct. 27—28	IRTA 70th Anniversary , Crowne Plaza, Springfield
Nov. 10	Charlie Carpenter ~ WWII Merchant Marines
Dec. 8	Holiday Fun



TRS (Teachers Retirement System)

P.O. Box 19253
Springfield, IL 62702-9253
1 (800) 877-7896
www.trs.state.il.us



IRTA (Illinois Retired Teachers Association)

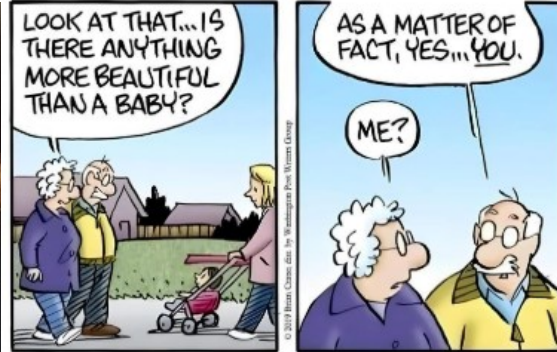
828 South Second Street
Springfield, IL 62702
1 (800) 728-4782
www.irtaonline.org



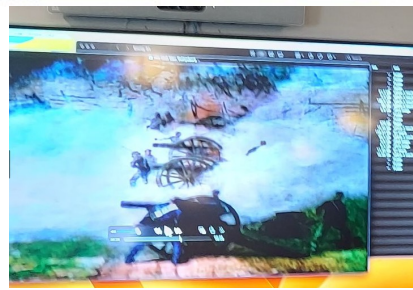
LCRTA (Lake County Retired Teachers Association)

Box 8107, Gurnee, IL 60031
www.lcirta.net





LCRTA ~
Always
Lookin' Good!



'Cause Baby,
Look at you
now!

