

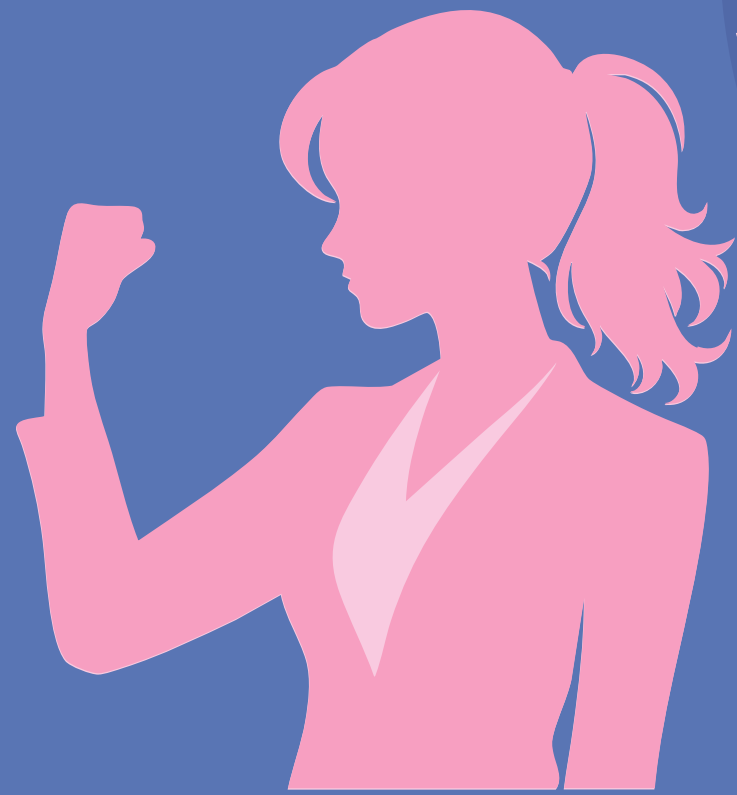
Blacktown Women's and Girls' Health Centre

6 Prince street, Blacktown NSW 2148

P: 02 9831 2070 E: info@womensandgirls.org.au

W: www.womensandgirls.org.au

BACK BY POPULAR DEMAND



Women's Self-Defence Workshops

**9:45am - 10:45am Thursday from 23rd
October
8 weeks program**

Taking a self-defence class can do great things! It can add to your self-worth, self-respect, confidence, discipline, fitness, balance, protection, setting boundaries and street awareness.

Cost of \$5 per class or \$30 for the term up front
If you would like to learn techniques and feel confident!

Please call **9831 2070** or speak with reception today!

Limited spots available! Call us now on 9831 2070 to book your spot

Please note: There is no onsite parking for clients or visitors

