

# Women's Self Defence

Become empowered, and develop confidence whilst learning a range of personal safety strategies in a fun and safe environment. No experience is necessary.

**Crescent Lagoon Primary School Community Hall**

**North Street Extended**

**Wednesday 17.09.14—6:00pm**

**\$12per lesson**

**Children and young people welcome!**

Classes are run by Phillip, who has over 25years experience in martial arts

For further information and bookings call the Women's Health Centre on:

**(07) 4922 6585**

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