

SELF-DEFENCE WORKSHOP FOR YOUNG WOMEN

Learn Some Basics to PROTECT YOURSELF

Be PROACTIVE - Be PREPARED!!!

As a young woman, out and about, you can be empowered with effective actions for Protective Behaviour and Self Defence.

Take Advantage of this Unique
1-Day ONLY Interactive
Workshop developed specifically
for young women (15+).

INSTRUCTORS:

- Stephanie Smith, Community Police Officer
- Justin Warren, TaeKwondo Expert from



TDKCentral



REGISTER NOW – SPACES ARE LIMITED !!!

Date: Saturday August 9th
Time: 1:00 pm – 3:00pm
and
2:00 pm – 4:00 pm
(select only one timeslot)
Cost: \$15 per person
Location: Sea Scout Hall
Cobblestone Drive, Bunbury

*To secure you place, please contact
Linda Brown of Zonta Club of Bunbury at:*

9791 3640 or 0438 934 890

Sponsored & Coordinated by the Zonta Club of Bunbury in support of of "Zonta Says No! to Violence Against Women" Campaign.

JOIN THE CAMPAIGN TO END VIOLENCE AGAINST WOMEN 

ZONTA SAYS NO

