



Penrith Women's  
Health Centre  
Established 1987



An exclusive women only self defence seminar, where you'll learn essential techniques to protect yourself and gain confidence in any situation. This empowering event is designed to equip you with the skills and mindset to feel safe and secure.

# WOMEN'S EMPOWERMENT THROUGH SELF DEFENCE

## Key Details:

- Led by a team of highly skilled and experienced female instructors
- Receive a free uniform and 2 weeks of complimentary classes
- Discounted offer for ongoing training and membership

**SATURDAY  
19 APRIL 25**

**3:00 PM - 5:00PM**

PLEASE BOOK VIA:

**(02) 4721 8749**

**HELLO@PWHC.ORG.AU**

[www.pwhc.org.au](http://www.pwhc.org.au)