

DEFEND YOURSELF WITH CONFIDENCE

WOMEN'S SELF DEFENCE WORKSHOP

Learn practical self defence techniques in a safe, women-only environment. Walk away with the skills and confidence to protect yourself

Saturday, 3pm – 5pm 23rd May 2026

- ▶ Expert training from highly skilled female instructors
- ▶ 2 weeks of FREE classes to continue your journey
- ▶ Exclusive discounted membership offer (workshop attendees only)

CALL US TO BOOK
(02) 4721 8749



For more information
www.pwhc.org.au

