

# 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.

**Sunday, 3pm – 5pm 22nd March 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](http://www.pwhc.org.au)

