



STANDING STRONG:

Practical self-defence for women

Tuesday 16 June
7.00 - 8.30pm

Stockland are inviting women (15 years and over) to participate in a **free** self-defence class.

All are welcome at this session where you will improve your confidence and learn some practical techniques ranging from sensory awareness, vocal drills, body mechanics and posture, to using position and angles rather than strength to prevail.

Tea and coffee supplied with the opportunity to ask questions.

Join us at **Third Place Café, 289 Epping Road, Wollert.**

To reserve your place simply call **1800 919 932** or email us at **linkandlearn@stockland.com.au**