



MDSS NEIGHBOURHOOD CENTRE
AND
MORANBAH MARTIAL ARTS
PRESENT



FREE
for ages
14 +

Empowered

FREE WOMEN'S SELF - DEFENSE
ONE DAY WORKSHOP



BENEFITS OF HAVING
SELF-DEFENSE SKILLS

- Confidence, self-worth, and self-respect.
- Health and Fitness.
- Positive mentality, discipline, and values.
- Protection and street awareness.

Coming dates:

- Saturday, 25 May 2024
 - Saturday, 10 August 2024
- From 8:00 am to 4:00 pm
Break 11:30 am to 12:30 pm
Refreshments provided



Venue: Moranbah Martial Arts
28 Bacon Street,
Behind the Moranbah Art Centre.

Contact us for more information :

- ✉ gabriela@mdssmoranbah.com.au
- ☎ 07 4941 5164 or 049 969 3817

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