



A PROGRAM FOR GIRLS

Including

SELF-DEFENCE & YOGA CLASSES

This program covers

- Self Esteem
- Healthy Relationships
- Communication Skills
- Body Image
- Life Skills

AGE: 13-15 years

WHERE: 50 Fairway Drive
CLEAR ISLAND WATERS QLD 4226

WHEN: 28th, 29th & 30th June 2017

TIME: 9:30am - 4:00pm

COST: \$40

To register please phone
Centacare on
(07) 5527 7211
before 21st June 2017

GET IN FAST SO YOU DON'T MISS OUT!

