

# PERSONAL SAFETY COURSE

## (Including Self-Defence)

A 12 week course for women and girls aged 14+

No upper age limit!



### WHEN:

Every Thursday  
6.30pm – 8.30pm  
From 9 February to 27  
April

### WHERE:

Concorde Centre  
Kingsmead Way  
E9 5PP

**COST: FREE**

A £10.50 deposit is required to secure your place, which will be returned at the end of the course.

Terms & Conditions Apply.

At the end of course you will receive a certificate and goodie bag!

To book your place or for more information, please contact Sev by emailing: [info@sevnecatitraining.com](mailto:info@sevnecatitraining.com) or calling 07050 614 116

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