

FREE SELF DEFENCE CLASS

Offered by **NKT Coatbridge & Airdrie**



15TH AUGUST



1pm – 2pm



Open to all women



Airdrie area



Please contact the page
if you would like to come
along and I will provide
location details.

*Build confidence,
learn practical skills,
and feel empowered.*



**STRONGER
together
SUPPORTIVE
COMMUNITY**

