

PUNCH

Power U Need for Change

AGES 16 - 24

Offering classes in...

*Make Up & Nail Art
SCIPE (Personal Empowerment)
Driving Theory
Zumba/ Aqua Zumba
Horse-Riding/Horse Care
Healthy Cooking
Healthy Body Image
First Aid
Jig Fit
Drama Workshops*

For more information contact Hannah at The Women's Centre

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