



## Support White Ribbon Day

Ladies,  
bring a friend and join us for a fun morning tea and learn  
some easy and effective self defence.

**10am Friday 25<sup>th</sup> Nov**

**Help us** make the women of the Central Coast safer and raise  
awareness and funds for  
**White Ribbon** in their campaign to  
reduce violence against women.

Entry by gold coin donation.

Where: **Munen Muso Studio**  
Unit 5, 185 Central Coast H'way, Erina (next to 1<sup>st</sup> Choice Liquor)

**RSVP Sue 0414 783 019 or**  
**sue@strengthisthekey.com.au**

**strengthisthekey**  
for self defence

[www.strengthisthekey.com.au](http://www.strengthisthekey.com.au)

