

Hello all,

Glen Eira Youth Services has programs on basic self-defence and emotional awareness as well as social fitness available. Bookings are now open, to secure a spot please call Tanya at Youth Services on 9524 3677.

### **BAM**

WHAT: Basic self-defence and emotional awareness program for females aged 14 to 25 years old.  
WHEN: **Wednesdays 4.30pm to 5.45pm**  
April 29  
May 6, 13, 20, 27  
June 3, 10, 17  
WHERE: Bentleigh McKinnon Youth Centre (5 Higgins Road, Bentleigh 3204)  
COST: FREE

*To book yourself a spot in the program, please call Tanya at Youth Services on 9524 3677.*

### **FIT-SOCIAL**

WHAT: Social fitness program for young people aged 14 to 25 years old.  
WHEN: **Fridays 4pm to 5pm**  
May 1, 8, 15, 22, 29  
June 5, 12, 19, 26  
WHERE: Youth Information Centre (86 Robert Street, Bentleigh 3204)  
COST: FREE

*To book yourself a spot in the program, please call Tanya at Youth Services on 9524 3677.*

Thank You

Kind Regards,

**Tanya Marques**

**Youth Worker**

Glen Eira City Council

(T) 9524 3677

(M) 0439 330 876

(E) [TMarques@gleneira.vic.gov.au](mailto:TMarques@gleneira.vic.gov.au)

(W) [www.gleneira.vic.gov.au/youth](http://www.gleneira.vic.gov.au/youth)