



International Women's Day 2019

Women only Wellbeing and Pampering event

Mindfulness and

Krav Maga demonstrations

Pamper stalls, including

Beauty and Henna

Local wellbeing information

and Food stalls

Tickets £5 - All proceeds will go to
Refuge Warwickshire



For tickets and further information please
visit www.sigbi.org/rugby/

Friday 8th March 2019

7pm – 9pm

Lawrence Sheriff
School,

Clifton Road

Rugby CV21 3AG

#BalanceforBetter

