

International Women's Day

Thursday 8th March

Stretford Leisure Centre,
Great Stone Road, Stretford

10.30am to 2.30pm

All women are invited to come along and join in:

- Try out fun sports and keep fit activities
- Learn how to make delicious healthy food
- Get confidential advice and information from professionals
- Just come to relax, make new friends and have a chat

Free cupcakes for the first one hundred women, helping you feel energised and ready to try the activities

Don't forget your sports/ swimming kits and bring your little ones too. Trafford's Children's Centres will be providing a free crèche for pre-school children



International Women's Day



Free entry and goody bag for all



Free crèche for pre-schoolers



Free cookery lessons and light refreshments



Free fitness classes with professional instructors



Free information and advice from the experts

For further information please contact
Stretford Leisure Centre 0161 875 1414

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