



# Get Active in North Somerset

Physical activities and healthy living

## Self Protection

Activity	When	Where	Cost	Contact
<p><b>Wellbeing and Self Protection Training</b></p> <p>Teaching individuals to operate their mind and body effectively and efficiently under pressure situations, protecting their mental and physical well-being. 10-14 years accompanied. 14 years +. First session free, optional membership after 6 weeks with t-shirt.</p>	<p>Tuesday and Thursday: 7:00 – 9:00 pm</p>	<p>The Campus, Highlands Lane, Weston-Super-Mare, BS24 7DX</p>	<p>Junior - £3-50. Adult - £5. Discount for monthly payment. First Session FREE</p>	<p>Bill McKay 07975 617610 <a href="mailto:somersetwingchun@gmail.com">somersetwingchun@gmail.com</a> <a href="https://www.somersetwingchun.com">https://www.somersetwingchun.com</a></p>