

YOU'VE GOT THREE  
CHOICES IN LIFE:  
GIVE UP, GIVE IN,  
OR GIVE IT ALL  
YOU'VE GOT



# come and try: brazilian jiu-jitsu

**C2 Martial Arts offers up to 7 free classes for young people who access headspace services.**

Come along to their free trial session to try it out for yourself!

Brazilian Jiu-jitsu is all about self-defence, where leverage is more powerful than strength. It can help to build your confidence, respect for self and others, coordination and general fitness.

C2 Martial Arts focuses on delivering their classes in a fun, supportive, safe environment. No prior knowledge or experience is required.

In partnership with:



**C2 MARTIAL ARTS**

## Who

12 – 25 year olds

## When

Friday 19<sup>th</sup> Nov 2021, 4.30- 5.30 pm

## Where

C2 Martial Arts,  
4/58 Constellation Drive, Ocean Reef

## Contact us

Call (08) 9301 8900 or

E-mail [info@headspacejoondalup.com.au](mailto:info@headspacejoondalup.com.au)

## Sign-up here

<https://bit.ly/361FyXY>



headspace Joondalup is on Whadjuk Noongar land. We acknowledge the Traditional Owners of this Country, and we pay our respects to their Elders past, present and emerging.

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