

THIS GIRL CAN BROXBOURNE FESTIVAL!

CELEBRATE
WOMEN'S FITNESS
AND EMPOWERMENT
WITH US

Saturday 22 July 2023

12noon-4pm

Location: Lee Valley White Water
Centre, Station Road, Waltham Cross,
EN9 1AB

Are you ready to celebrate women's fitness and empowerment? Then come join us at the This Girl Can Festival in Broxbourne! Our festival is all about inspiring and encouraging women of all ages and abilities to get active, try new sports and fitness activities, and have fun while doing it.



At the festival, you can look forward to:

- Taster sessions and workshops in a variety of sports and fitness activities, from yoga to dance to kickboxing and more!
- Stalls, talks and demonstrations from inspiring female athletes and fitness experts
- Fun challenges and competitions that will put your skills to the test
- Networking opportunities with other like-minded women in the community
- Bouncy castles, face painting and so much more!

For more information or to be a part of the event, please contact community@broxbourne.gov.uk or call 01992 785555 ext.1519.



BROXBOURNE



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