

# Get on Court



SQUASH  
GIRLS  
CAN



“Squash  
re-designed  
for your  
busy  
lifestyle!”

## A new way to boost fitness and wellbeing!

### What is it all about?

- ✓ Improve your general wellbeing and fitness levels
- ✓ Get active in a judgement free zone
- ✓ Get active in a fun and social way
- ✓ Feel welcomed into a supportive community and make new friends on campus
- ✓ Squash is a great stress release and promotes positive mental health

Contact us

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Visit us online

[squashgirlscan.com.au](http://squashgirlscan.com.au)



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